



GEORGE PEABODY.

HOUSE AND HOME

A JOURNAL OF

Social and Sanitary Information for the People.

EDITED BY JOHN PEARCE.

VOLS. I. & II.

The Parkes Museum

PRESENTED BY

THE I. H. E. 1884.

LONDON: 3, BOLT COURT, FLEET STREET, E.C.

HOUSE AND HOME

A JOURNAL OF

Social and Sanitary Information for the People.

EDITED BY JOHN PEARCE

VOLS. I. & II.

LONDON: 3, BOLT COURT, FLEET STREET, E.C.

HOUSE AND HOME

A Journal for All Classes

‘An Englishman’s House is His Castle.’

‘There is no place like Home.’

VOL. I.

[NOS. 1 TO 23, JANUARY 25TH TO JUNE 28TH.]

LONDON :
OFFICE OF *HOUSE AND HOME*,
335, STRAND.
1879.

INDEX.

IMPROVED DWELLINGS :

Artizans' Dwellings Act :
 House of Commons, 53.
 Limehouse District Board of Works, 227.
 Metropolitan Board of Works, 144.
 St. Saviour's (Southwark) Board of Works, 144.
 Artizans' Dwellings Act Extension Bill (Debate on), 201, 212, 260.
 Artizans' Dwellings Company (Dublin), 65.
 Artizans' Dwellings in Exeter, 12.
 Artizans' Dwellings and their Healthfulness, 15.
 Artizans' Dwellings in Islington, 261.
 Artizans', Labourers, and General Dwellings Company, Limited, 5, 27, 39, 51, 64, 77, 88, 102, 113, 128, 144, 157, 168, 183, 255.
 Cross, Mr., on Improved Dwellings, 224.
 Frankenberg v. The Artizans' Company, 130.
 Improvements Effected, 5.
 Improvements in Glasgow, and Origin of the Artizans' Dwellings Act, 175, 188, 200, 213.
 Pearce, Mr., Resignation of, as a Director of the Artizans' Company, 107.
 The Improved Industrial Dwellings Company, Limited, Meeting of, 52.
 The Peabody Trustees (Fourteenth Annual Report of), 63.
 The Metropolitan Association for Improving the Dwellings of the Industrious Classes, 248, 260, 272.
 Uninhabitable Houses in Holborn, 178.
 Victoria Dwellings Association, 224.
 What is to be done with our Slums? by W. T. M'C. Torrens, M.P., 215, 225.

SANITARY HOUSE CONSTRUCTION :

Building with bad Foundations, 131.
 Healthy Homes, by Dr. Corfield, 41.
 House Construction on Sanitary Principles, 249.
 Household Sanitary Arrangements (Course of Cantor Lectures upon) by Dr. Corfield, 65, 79, 87, 100, 111, 126.
 Jerry Buildings at Greenwich, 60.
 Metropolitan Management and Building Acts, Deputation to Mr. Cross, 159.
 Sanitary Work in Country Mansions, 11.

HYGIENE :

Athletism, by R. Clark Newton, 262, 274.
 A Manly Habit, by Professor Kirk, 228.
 A Word for Hydropathy, by Rev. F. Wagstaff, 239.
 Bathing, by C. Brady, 154.
 Carlyle, Thomas, on Easy Boots, 155.
 Clothing, Fashion, and Figure, by J. J. Pope, M.R.C.S., 190.
 Cremation, 73.

Daily Bathing, by R. Shipman, 132.
 Debilitated Stomach, 237.
 Exercise and Rest, by R. Shipman, 108.
 Exercise for Children, 194.
 Health and Recreation, by Dr. B. W. Richardson, 18.
 How to Cheat the Doctor, 236.
 Hygiene Applied to Dwellings, by B. H. Thwaite, 10, 24.
 Impure Water and Fever, 217.
 Light, by R. Shipman, 96.
 New Mode of Regulating Health of Infants, 132.
 National Water Supply, 204.
 On the Popular Teaching of Sanitary Science, by J. J. Pope, M.R.C.S., 139, 153, 166, 178.
 Parkes Museum of Hygiene, the, 6, 18, 96, 237.
 Over Eating, 250.
 Professional Hygiene.—The Printer, 43.
 The Air we Breathe, by R. Shipman, 54.
 The Hygiene of Reading, by Dr. Javal, 42.
 The Industrial Society of France on Hygiene and Dwellings, 53.
 The Importance of Water, by R. Shipman, 70.
 The Morals of Hygiene, by T. C. M., M.D., 16.
 The National Health Society, 18, 140, 167.
 The Office of the Lungs, by R. Shipman, 230.
 The Wrongs of London Shopwomen, by Dr. Edis, 119.
 Tight-Lacing, by Rev. H. B. Haweis, 138.
 Sanitary Reform, by Mrs. M. H. Judge, 17, 70.
 Tobacco, Cost of, 131.
 Weaning of Infants, 109.
 Wall-Paper Poisoning, 179.
 Water Supply of London, 263.
 What Smoking does for Boys, 101.

DIETETICS :

Adulteration of Food, 31.
 Adulterated Rice Meal, 165.
 A French Doctor's View of Food, 80.
 Alcoholic Liquors as Food, 216.
 A New Source of Meat Supply, 164.
 Best Method of Cooking Meat, 8.
 Borax for Preserving Meat, 66.
 Bread and its Adulterations, 46.
 Cheap Food for the People, 29, 81.
 Chicory in Coffee, 121.
 Coffee, 56.
 Diet, Cure of Desire for Drink, by T. H. Evans, 155.
 Dietetics, by Viator, 19, 44, 108, 120, 179, 227.
 Dietetics as a Factor in Home Life, by Mrs. J. H. Simpson, 6, 54, 125.
 Economy in Food, 237.
 Examination of Food, 31.
 Farming and Land and Reforms, 276.
 Flour (Adulterated) Case, 21, 46, 56, 143.
 Food and Feeding, by Sir H. Thompson, 251, 264.

Food and its Functions, by Rev. Dr. S. Paterson, 7.
 Hard Times and a Remedy, 191.
 Health and Food, by R. Shipman, 80.
 Lentils, 37, 56, 60.
 Leprosy (The Decline of) in England, by W. Gibson Ward, F.R.H.S., 141.
 Macaroni, by C. Delolme, 157.
 Maize, by C. Delolme, 81, 96.
 Memorial to National Training School for Cookery, 165.
 New Fruit Market, 81.
 On the Preservation of Animal Structures, by Dr. B. W. Richardson, 30, 45.
 Our Fruit Prospects, 81.
 Peas, by C. Delolme, 143.
 Porridge, by C. Delolme, 164.
 Preserved Vegetables Artificially Coloured, 55.
 Revelations of the Liverpool Meat Trade, 31.
 Soluble Cocoa, 31.
 Test for Copper-Faced Tea, 81.
 The Qualities of Milk, 46.
 The Sale of Food Act, 21.
 The Staff of Life, by C. Delolme, 203.
 Salicylic Acid as a Preservative of Food, 55.
 Whole-Meal Unfermented Bread, Manufactured under the immediate supervision of Mr. H. W. Hart, the inventor and introducer, and supplied on Co-operative Principles to Shareholders, 275.

DOMESTIC ECONOMICS :

Economy in House and Home, by Rev. F. Wagstaff, 71, 82.
 Economy, by R. Shipman, 125.
 Hints about House Cleaning, 193, 205, 217.
 The Spring Cleaning, 251.
 The Furnishing of Town Houses, 253, 266.

BIOGRAPHICAL SKETCHES :

Beaconsfield, Earl (*Portrait*), 163.
 Burritt, Elihu (*Portrait*), 211.
 Cross, Mr. R. A., M.P. (*Portrait*), 235.
 Hoyle, William (*Portrait*), 151.
 Leighton, Sir F. (*Portrait*), 187.
 Leopold, Prince (*Portrait*), 68.
 Louis Napoleon, Prince (*Portrait*), 269.
 Meteyard, the late Miss, 145.
 Palmer, George, M.P. (*Portrait*), 199.
 Peabody, George (*Portrait*), 4.
 Realf, Richard, 183.
 Richardson, Dr. B. W. (*Portrait*), 247.
 Rothschild, Baron Lionel (*Portrait*), 259.
 Shaftesbury, Earl (*Portrait*), 92.
 Thompson, Sir Henry (*Portrait*), 137.
 Torrens, W. T. M'C., M.P. (*Portrait*), 175.
 Townshend, The Marquis (*Portrait*), 223.
 Trevelyan, Sir Walter C., 111.

PHRENOLOGICAL SKETCHES BY
STACKPOOL E. O'DELL:

Burritt, Elihu, 212.
Cross, Mr. R. A., M.P., 235.
Leopold, Prince, 123.
Louis Napoleon, Prince, 271.
Palmer, George, M.P., 200.
Richardson, Dr. B. W., 248.
Rothschild, Baron, 251.
Townshend, Marquis, 223.

MISCELLANEOUS:

Ages of English Prime Ministers, 83.
All a Pack of Nonsense, by T. H. Evans, 240.
A Curious Account, 36.
A Cute Thief, 181.
Art and the Homes of the People, by Mark H. Judge, 99.
A Strange Story, 36.
Benefit and Assurance Societies, 48.
Birds and Fruit, 36.
Colonial Houses and Homes, by James Bonwick, F.R.G.S., 76, 138.
Cobbett, Wm., on Licensing, 152; on Revenue, 158.
Drying Damp Walls, 272.
Fithian's Hotel, 60.
How our Friends may help us, 22.
Human Interests, by S. Sainsbury, 59.
Lambeth Baths Meeting, 146.
Newspaper Stereotyping, 252.
On the Advantages of Systematic Instruction in Science and Art, by Prince Leopold, 75.
On the Pleasures of Books, of Art and of Nature, by Prince Leopold, 69.
On the Popularization of Art, by Wm. Morris, 59, 83.

Origin of Whig and Tory, 195.
Our Programme, 3.
Patrons, Booksellers, and Authors, 24.
Prevention of Floods in the Thames, 207.
Profitable Poultry Keeping, 193, 218, 231, 238.
Roman Houses, by Roger Smith, 33.
The Action against Licensing at Queen's Park, 56, 159.
The Creche Bazaar, 109, 131.
The Guild of St. George, 60.
The Hektograph, 278.
The National Freehold Land Society, 49.
The National Penny Bank, by G. C. T. Bartley, 125.
The Ruskin Society, 24.
The Sixteenth and Nineteenth Centuries—A Contrast, 277.
The Taxpaying Powers of Drunkenness, 153.
Words of Cheer, 22.
Workmen in England and America, 36.

POETRY:

An Old Man's Idyl, by R. Realf, 158.
An Enchanted Island, by B. F. Taylor, 180.
Billy's Rose, by 'Dagonet', 22, 36.
'Do not say I am dead,' by Wade Robinson, 159.
Going Home, by J. Pollard, 193.
Life, by E. B. Browning, 57.
Tennyson's New Poem (Notice of), 124.
The Pleasures of Home, by Henry Heavysides, 10, 159.
The Power of the Human Intellect, by Mrs. J. M. O'Callahan, 205.
There's Something still Worth Living For, by E. M. Heavysides, 97.
Ode to Night, by Mrs. J. M. O'Callahan, 261.

CORRESPONDENCE:

Agricultural Labourers' Dwellings, 25.
Auditors—who should select them? 267.
An Alleged Sanitary Heresy, 35.
Built to Sell, 121.
Domestic Economy Congress, 159.
Economy in Food, 225.
False Rentals and Mock Auctions, 109.
Household Hot-Water Apparatus, 35, 48, 109.
How to Cheat the Doctor, 97, 133.
Our Fruit Prospects, 267.
On Strikes and Co-operative Stores, 84.
Sanitary House Construction, 219, 267.
Seats for Shopwomen, 132.
The Artizans' Dwellings Schemes, 25.
Tenders for Public Works, 240.
The Liquor Traffic and Licensing, 12.
The Office of the Lungs, 243, 255.
The Opposition to Public-House Licensing near the Queen's Park Estate, 279.
Wrongs of London Shopwomen, 146, 171.

NOTICES OF BOOKS AND PUBLICATIONS, 58,
131, 183, 195, 206, 254.

CURRENT OPINIONS AND EVENTS, 9, 23, 32,
47, 57, 72, 84, 170, 181, 192, 206, 218, 242,
254, 264, 278.

GEMS OF THOUGHT, 12, 26, 38, 49, 61, 74, 85,
98, 110, 122, 134, 147, 160, 172, 184, 190,
208, 220, 232, 244, 256, 268, 280.

HOUSEWIFE'S CORNER, 172, 184, 196, 208,
220, 232, 244, 256, 268, 280.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

No. I., Vol. I.]

SATURDAY, JANUARY 25TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.



GEORGE PEABODY.

CONTENTS.

GEORGE PEABODY	1
OUR PROGRAMME	3
PORTRAITS	4
IMPROVED DWELLINGS	5
IMPROVEMENTS ACCOMPLISHED	5
THE ARTIZANS', LABOURERS', AND GENERAL DWELL- INGS COMPANY, LIMITED	5
HYGIENE	6
THE PARKES' MUSEUM OF HYGIENE	6
DIETETICS	6
DIETETICS AS A FACTOR IN THE DEVELOPMENT OF HOME LIFE	6
FOOD AND ITS FUNCTIONS	7
THE BEST METHOD OF COOKING MEAT	8
CURRENT OPINIONS	9
THE PLEASURES OF HOME	10
HYGIENE APPLIED TO DWELLINGS	10
VENTILATION	10
SANITARY WORK IN COUNTRY MANSIONS	11
ARTIZANS' DWELLINGS IN EXETER	12
CORRESPONDENCE	12
THE LIQUOR TRAFFIC AND LICENSING	12
GEMS OF THOUGHT	12
THE SALE AND EXCHANGE DEPARTMENT	14
ADVERTISEMENTS	14



LONDON: JANUARY 25th, 1879.

OUR PROGRAMME.

IN starting a new journal, however humble its pretensions may be, some kind of programme is expected from its projectors. This is natural enough, and, while following the usage, we hope to avoid making promises incapable of fulfilment.

We do not profess to have journalistic skill or literary experience; we lay no claim to infallibility, even regarding subjects on which we have personally formed strong opinions: but we think we see a field which urgently requires cultivation, and all that we propose is to set about it in a plain and straightforward manner. It is painful to feel that in connexion with the houses and homes of the people there are still many evils to be eradicated, wrongs to be remedied, and abuses to be corrected; but a more hopeful view is presented in the numerous attempts making to introduce a better state of things, materially and morally. It will be our mission to expose, and to assist in extirpating, the evils affecting society in its home life, and at the same time to make known 'the better way,' which is only to be found in the observance of God's laws, physical and moral.

To the violation of known sanitary laws in the construction of houses is mainly attributable a large proportion of our zymotic diseases, and from these evils no class in society enjoys immunity. Victims are taken alike from the palaces and hovels of our land. It is because of this that SANITARY HOUSE CONSTRUCTION is one of the most pressing needs of the day; and, as all classes are suffering from the present unsatisfactory condition of things, so all classes are equally interested in the application of sanitary science to the construction of houses. We shall keep our readers informed upon this interesting branch of sanitary science.

The evils, the miseries, the sufferings of OVERCROWDING, *cannot* be confined to the immediate victims of the vicious system, and the sooner this is known generally, the sooner all classes in society will unite in earnest efforts for its eradication. The epidemic engendered in the crowded court or alley spreads to the homes of the well-to-do, and even to the mansions of the affluent. Our endeavour will be continually to direct public attention to this social ulcer.

It is one of the hopeful signs of the times that attention has been directed *in real earnest* to improving the dwellings of the masses. Already much has been done, at least in the way of experiment; and efforts in this direction, initiated by benevolent individuals, have been imitated and extended by the application of the principle of association, until, from very small beginnings, 'a movement' has sprung into existence which now enjoys legislative sanction and aid. To this 'movement' a large portion of our attention will be directed. We shall endeavour, as rapidly as our space will allow, to make our readers fully acquainted with what has hitherto been done in this field of enterprise and philanthropy, whether by individual effort, by associations, or by legislative provisions.

Without at all promoting or encouraging disaffection amongst the tenants of the various associations and companies, it is easy to perceive that real abuses may creep into the management and administration of such institutions. And the existence of a paper through which abuses connected with the management can be brought directly before the directors, but more especially before the proprietors, of such concerns, must have a most salutary effect upon those entrusted with the practical administration of the various properties. Tenants and shareholders, then, of the several existing companies, will always find something in our columns of a peculiar interest to them; and the topic of IMPROVED DWELLINGS is likely to be one of considerable interest.

BUILDING SOCIETIES have undoubtedly done much good by enabling thousands of persons to purchase houses, and so become their own landlords, who otherwise would have been unable to do so. In discussing these institutions we shall fearlessly expose existing abuses, and indicate what we conceive to be the true principles upon which such societies should be formed and conducted.

HYGIENE is now of acknowledged importance, and we shall endeavour, by giving it a distinctive place in *House and Home*, to promote its observance in the dwellings of our land.

DIETETICS and DOMESTIC ECONOMICS are closely united. Waste in fuel and in diet not only affects the individual, but, carried to such an alarming degree as it is, becomes a fact of national moment and concern.

Without committing ourselves to all the proposals of the Temperance party, we shall, as occasion may present itself, inform our readers of the scientific position of the alcohol controversy; and, believing that to the excessive indulgence in intoxicants much of the prevailing distress is indirectly due, we shall not admit into our columns advertisements of alcoholic beverages. We adopt this course with the full knowledge of the large proportion of revenue usually derived by journals from this source; but if we cannot live without assistance

from such a quarter, we shall prefer honourable death to a dishonoured existence.

While *House and Home* will not be a political journal in a party sense, it will give its best support to sanitary legislation by whomsoever initiated.

The character of a journal is largely reflected in its advertisements. We shall exercise great care in admitting advertisements into our columns. If, however, in spite of our vigilance, announcements of a questionable character should creep in, we shall heartily thank our readers to point out to us their true character.

Benefit and Assurance Societies, and other schemes got up ostensibly in the interest of the working classes, but really for the profit of a few individuals, we abominate. These we shall rigidly exclude from our advertising space.

We have introduced A SALE AND EXCHANGE DEPARTMENT, not with the intention of rivalling or even of competing with our excellently-conducted contemporary—*The Exchange and Mart*—but, as we think, for the convenience of our readers. With us, if the department meets with support, it will only be a subordinate feature; while with *The Exchange and Mart* it is the specialty. Our rules and regulations are in a great measure drawn from our admirable contemporary.

PORTTRAITS.

We intend to publish Portraits monthly, and amongst the earliest will be those of

1. THE RIGHT HON. EARL BEACONSFIELD, K.G.
2. THE RIGHT HON. EARL DERBY, K.G.
3. THE RIGHT HON. EARL SHAFTESBURY, K.C.B.
4. RT. HON. R. A. CROSS, M.P.
5. SIR SYDNEY WATERLOW, BART., M.P.
6. DR. B. W. RICHARDSON, F.R.S.
7. THOMAS HUGHES, ESQ., Q.C.
8. JOHN RUSKIN, ESQ.
9. W. M'C TORRENS, ESQ., M.P.



GEORGE PEABODY.

It is fitting that George Peabody should be the first distinguished friend of improved dwellings introduced to the readers of *House and Home*. The good effected by his more than princely munificence is not to be measured alone by the results of the expenditure of the 'Peabody Fund;' for its indirect influence in inducing others to imitate him, even in a small way, has undoubtedly been fraught with as much benefit to the masses. It would be interesting to learn how many of the thousands of persons who are shareholders in the various companies existing for improving the homes of the people were led to make their investments from a desire to follow his noble example. Mr. George Peabody was born on the 18th of February, 1795, at Danvers, Massachusetts. He was one of an honest, sober, and industrious New England family, whose ancestors had emigrated from Old England two hundred years before. His education was begun at the District School where he

learned reading, writing, and arithmetic; but being removed from school at the early age of eleven, the knowledge he subsequently acquired was self-taught.

At eleven years of age he was apprenticed to a grocer, with whom he remained four years, after which he spent a year with his grandfather in Vermont. He then joined his brother David, who had opened a 'dry-goods' store at Newburyport; but a fire very shortly afterwards destroyed Peabody's shop with most of the other houses in the town.

An uncle, Mr. George Peabody, of Georgetown, Columbia, next took young George as assistant, and he remained there some two years, managing a part of the business, although still in his teens.

In May, 1812, when war broke out between Great Britain and the United States, young Peabody volunteered into the patriot army, serving a few months as a citizen soldier.

Mr. Elisha Riggs, a dealer in 'dry goods' as distinguished from 'groceries,' induced Mr. Peabody to become his partner, Riggs finding the capital and Peabody the brain; and the firm of Riggs and Peabody soon achieved great success. Peabody travelled, often alone on horseback, through Western New York and Pennsylvania, and the plantations of Maryland and Virginia, lodging with planters and farmers, and so obtaining an insight into the way of living of most classes.

In 1815 the house was removed to Baltimore, but branches existed at Philadelphia and New York. About 1830 Mr. Riggs retired from the firm, leaving Mr. Peabody at the head of one of the most flourishing concerns in America.

Mr. Peabody had always been distinguished for integrity and character, and he came to be consulted both on private and public matters, his advice and counsel being highly esteemed.

In 1843 he withdrew from the American firm, came to England, and fixed himself in Warnford-court, City, as a merchant and banker. He was selected as one of the three Commissioners appointed by the State of Maryland to devise means for restoring the credit of the State, and he refused to receive remuneration for the very valuable services rendered in that capacity. A special vote of thanks from the Legislature of the State was accorded to him. He always entertained his own countrymen hospitably when visiting Europe, although his personal habits were of the simplest kind.

An eminently successful man of business, yet Mr. Peabody discarded frivolity and luxury. He took a deeper view of life than to allow himself to be misled by tinsel, and, having discovered that the greatest happiness consisted in contributing to the happiness of others, he devoted himself to practical philanthropy.

At the time of the great Exhibition of 1851 he promptly supplied the sum needed to pay for the arrangements of the United States contributions. In 1852 he joined an American shipowner, Mr. Grinnell, of New York, in fitting out an expedition to search for Sir John Franklin. In the same year he founded a free library and educational institute at Danvers, his native place, which, with subsequent benefactions, cost him £100,000.

In 1857 Mr. Peabody visited his native land, where he gave £100,000 to found an institute devoted to science and art at Baltimore. He afterwards gave a second £100,000 to this institution.

On March 12th, 1862, Mr. Peabody addressed a letter to Mr. C. F. Adams, American Minister, the Right Hon. Lord Derby, Sir J. F. Tennant, Sir Curtis Lampson, Bart., and Mr. J. S. Morgan, his own partner, placing at their disposal £150,000 to be applied by them in ameliorating the condition of the poor of London. In January, 1866, Mr. Peabody added another £100,000 to the fund, and on the 5th of December, 1868, he added to it a further £100,000, raising the gift to the poor of London to £350,000.

The freedom of the City of London was presented to him. The Queen having offered him a Baronetcy or the Grand Cross of the Bath, which were declined, wrote him a grateful letter. Mr. Peabody also received from Her Majesty, in March, 1866, the gift of a beautiful miniature portrait of herself, framed in a costly style, which he bequeathed to the Peabody Institute at Danvers.

Mr. Peabody died in London, at the home of his friend, Sir Curtis Lampson, on the 4th of November, 1869, and in compliance with the public wish, a funeral service was performed over his coffin in Westminster Abbey, where his body remained a short time. It was subsequently conveyed to America, and buried at Danvers, his native place.

By his will his executors were directed to apply a further sum of £150,000 to the London Peabody Fund, thereby increasing the amount to half a million sterling, bestowed by Mr. Peabody upon one single object.

During his last visit to his native land, he gave £400,000 for the education of the blacks and whites in the South; £60,000 for Museums at Yale and Harvard Colleges; £10,000 for a Free Museum at Salem; £8,000 to Kenyon College; and £50,000 to the State of Maryland. He expended £20,000 upon a 'Memorial Church' to his mother, and distributed £400,000 amongst his relatives.

We shall have pleasure in fully describing, in subsequent numbers, the buildings erected by the Peabody Fund Trustees—buildings which will be a lasting monument to the memory of the good George Peabody.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by the following individuals, corporations, societies and companies.

1. THE BARONESS BURDETT-COUTTS.
2. SIR SYDNEY WATERLOW, BART., M.P.
3. THE COUNTESS DUCIE, JOHN RUSKIN, ESQ., AND OTHERS.
4. C. GATLIFF, ESQ.
5. C. J. FREAKE, ESQ.

6. WM. GIBBS, ESQ.
7. W. E. HILLIARD, ESQ.
8. G. NEWSON, ESQ.
9. MR. MATTHEW ALLEN.
10. W. H. HALL, ESQ.
11. MISS OCTAVIA HILL.
12. MISS J. OGLE.
13. MRS. HARRISON.
14. G. CATT, ESQ.
15. MR. J. H. BEDFORD.
16. THE LATE RIGHT HON. RUSSELL GURNEY, M.P.
17. THE CORPORATION OF THE CITY OF LONDON.
18. THE BREWERS' COMPANY.
19. TRUSTEES OF PEABODY'S GIFTS TO THE LONDON POOR.
20. THE DUCHY OF CORNWALL.
21. METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIAL CLASSES.
22. SOCIETY FOR IMPROVING THE CONDITION OF THE LABOURING CLASSES.
23. ST. GEORGE'S, HANOVER SQUARE, PAROCHIAL ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE LABOURING CLASSES.
24. MARYLEBONE ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES.
25. STRAND BUILDINGS COMPANY.
26. CENTRAL DWELLINGS IMPROVEMENT COMPANY.
27. LONDON LABOURERS' DWELLINGS SOCIETY.
28. IMPROVED INDUSTRIAL DWELLINGS COMPANY, LIMITED.
29. WORKMEN'S DWELLINGS IMPROVEMENT COMPANY, LIMITED.
30. WEST BROMPTON AND CHELSEA LABOURING CLASSES' DWELLING HOUSE COMPANY, LIMITED.
31. ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.
32. VICTORIA DWELLINGS ASSOCIATION, LIMITED.
33. NATIONAL DWELLINGS SOCIETY, LIMITED.
34. CENTRAL COTTAGE IMPROVEMENT SOCIETY.
35. IMPROVEMENTS EFFECTED UNDER THE ARTIZANS DWELLINGS ACTS.



THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

IN an early number we shall commence a history of the company from its very beginning, and trace its career down to the present time. It will be compiled from documents and other information derived from various sources. We shall show—

- The original intention of the company,
- How the shares were placed,
- Its past mismanagement,
- Its present position,
- Its future prospects,
- Its value as an experiment, and
- Its influence on the improved dwellings' movement.

HYGIENE.

THE PARKES' MUSEUM OF HYGIENE.

SOME knowledge of hygiene is absolutely necessary to all who desire to make their home their castle, if we may be permitted to apply the old English proverb in this way, for in these modern days the only enemy Englishmen have to fear at home is, not the man of war, but *Disease*, whose forces consist of the unskilled builder, the superficial architect, and the negligent surveyor. Important, however, as hygiene is to the public health, it is only three years since this great metropolis was without a single institution charged with the duty of fostering sanitary science and inculcating the laws of hygiene.

It is now three years since that portion of the public more intimately interested in questions affecting the public health had to regret the untimely death of Dr. E. A. Parkes, the eminent Professor of Hygiene in the Army Medical School at Netley. So genuine had been the work of Dr. Parkes, that his death created a void which drew together his many admirers, for the purpose of devising some means whereby to perpetuate the memory of so useful a life. The means agreed upon were alike worthy of him who had passed away from us, and of those who wished to do him honour. It was resolved to establish a Museum of Hygiene in the metropolis, consecrated to the memory of Dr. Parkes. An executive committee, with Sir William Jenner, M.D., as chairman, and Dr. G. V. Poore as honorary secretary, was appointed to carry this into effect, and the Parkes' Museum of Hygiene was instituted at University College, London, on the 18th of July, 1876.

The Council of University College aided the committee by placing at their disposal a large room, comprising some 3,500 square feet of area, together with a second room for the purposes of the library. The aim of the committee has been wisely directed towards the formation of an endowment fund, to which they hope to place the greater part of the subscriptions received, which already amount to upwards of £800, which sum, however, is of course quite inadequate for the purposes the Museum is intended to serve. Friends able to assist the committee are invited to send subscriptions to the Treasurer, Prof. Berkeley Hill. Her Majesty the Queen has marked her approval of the work of the Executive Committee by contributing £50 to the fund, while the authorities of the city of Brussels and the Government of the United States have each sent valuable contributions. More than one department of Her Majesty's Government have made presentations to the Museum, and the Metropolitan Board of Works have given complete sets of the contract drawings of the Thames Embankment and the Metropolitan drainage. The Society for Promoting Christian Knowledge, with several other important associations, supports the undertaking. Among the many public men who are aiding in the work of establishing the Parkes Museum are the Duke of Westminster, Earl Granville, Lord Belper, Earl Derby, Mr. Robert Lowe, M.P., Sir James Paget, Sir Henry Thompson, Mr. James Booth, C.B., Mr. T. Twining, Professor Huxley, Professor Sharpey, Professor Tyndall, Professor Williamson, Professor John Marshall,

Professor W. H. Corfield, Mr. George Dixon, and Mr. Rogers Field. Miss Florence Nightingale should also be mentioned as being among those interested in the Museum, seeing that it is intended to subserve the study of 'both men and women.'

The Museum is as yet quite in its infancy, but it already contains objects relating to every branch of hygiene, while the library consists of nearly 400 volumes, exclusive of pamphlets. It is intended to extend the benefits of the Museum to all classes of the community, and for this purpose the committee have made arrangements to open it to the public early in the present year, and thus, for the first time, there will be provided in the heart of the metropolis an institution where not only professional men, but the general public, will be able to make themselves familiar with those sanitary arrangements which are so much needed in our homes. The requirements of those practically engaged in sanitary work have not been overlooked. A department has been formed in which, under the direction of Professor Corfield, demonstrations will be given of the uses of hygienic apparatus.

We hope in future numbers to lay before our readers some account of the contents of the Parkes Museum. Those who would like to become better acquainted with it should obtain the detailed prospectus, which may be had on application to the Curator, Mr. Mark H. Judge, the Parkes Museum of Hygiene, University College, Gower Street, London, W.C.



DIETETICS.

DIETETICS AS A FACTOR IN THE DEVELOPMENT OF HOME LIFE.

AMID the clouds that oppress us a ray of clearest light, destined to shine with future splendour, appears in the partially recognised need of a higher development of home-life, and an acquaintance with the factors capable of facilitating its attainment. Among the first, as well as the most available and potent, may be reckoned a better system of dietetics, one that with purity *shall* combine efficiency and economy. Custom has hitherto been wont to weigh so heavily on the department of human thought and energy pertaining to modes of living, that it has at length become imperatively necessary to apply to it the liberating agency of practical reform. Despite prevailing sophisms, the truth stands revealed, that under a false and luxurious household system the end of living has been so far lost sight of in the means, that manifestly the genus Homo, albeit Nature's highest product, is in danger of being regarded as a species of luxury which it will be found impossible to continue much longer either to produce or to preserve to any large extent.

At this climax of infatuation the voice of Reason, in the shape of the prophet Emerson, reminds us 'that a house should bear witness in all its economy that human culture is the end to which it is built and garnished. It stands there under the sun and moon to ends analogous, and not less noble, than theirs. It is not for festivity, it is not for sleep: but the pine and the

oak shall gladly descend from the mountains to uphold the roof of men as faithful and necessary as themselves, to be the shelter always open to good and true persons; a hall which shines with sincerity, brows ever tranquil, and a demeanour impossible to disconcert; whose inmates know what they want; who do not ask your house how theirs should be kept. They have aims; they cannot pause for trifles. The diet of the house does not create its order, but knowledge, character, action absorb so much life and yield so much entertainment that the refectory has ceased to be so curiously studied. With a change of aim has followed a change of the whole scale by which men and things were wont to be measured. Wealth and poverty are seen for what they are. It begins to be seen that the poor are only they who feel poor. The rich, as we reckon them, and among them the very rich, in a true scale, would be found very indigent and ragged. The great make us feel, first of all, the indifference of circumstances. They call into activity the higher perceptions, and subdue the low habits of comfort and luxury; but the higher perceptions find their objects everywhere: only the low habits need palaces and banquets.'

Let it not be overlooked, however, that while appetite governs the household, low habits will continue to have more or less ascendancy, and so long as the stimulating diet which engenders and fosters appetite is persevered in, so long will the general tendency be towards living to eat, instead of eating to live.

In the early part of the present century it was averred by the most gifted and gentle spirit that ever took human form, the author of the greatest poem the world possesses, 'Prometheus Unbound,' that as the whole of human science was comprised in the question of how the advantages of intellect and civilisation could be reconciled with the liberty and pleasures of natural life, so in great measure would the solution be found in abstinence from animal food and spirituous liquors. Shelley contended, and as we believe justly, that the advantage of a reform in diet was obviously greater than any other, since it struck at the root of the evil of luxury, with its concomitants: crime, disease, and premature death; and he pointed out, besides, that the quantity of nutritious vegetable matter consumed in fattening the carcase of an ox would afford ten times the sustenance, and if gathered immediately from the bosom of the earth, would be incapable of generating disease; adding the information that 'the most fertile districts of the habitable globe are now actually cultivated by men for animals at a delay and waste of aliment absolutely incapable of calculation.' In how far the researches of modern science have controverted Shelley's arguments, let chemistry tell; and not this alone, but the hungry multitude without employment, and the fair earth without adequate cultivation, either in this or any other land.

To a perception of the profound wisdom of these arguments, and their consequent application, we attribute not only a long immunity from the ills that flesh is said to be heir to, but the truest enjoyment of home-life, independently of what is ordinarily termed wealth.

As Labour is the magician who alone can transform the world into beauty, so is Health its surest foundation; and this can only be established in a house and home wherein knowledge takes

the place of ignorance, and it is well understood that 'diet is omnipotent to kill or to cure.'

If, as an exponent of the house and home, the publication for which these remarks are intended should succeed in directing more general attention to the powers and possibilities enfolded in these twain, it will belie the assertion of the poet Wordsworth, that

'Plain living and high thinking are no more,'

and thus inspire mankind with renewed hope.

JANE H. SIMPSON.

FOOD AND ITS FUNCTIONS.

A LECTURE BY THE REV. DR. SINCLAIR PATERSON.

IT is about two years since DR. BENJAMIN WARD RICHARDSON, F.R.S., delivered a valuable lecture on *The Inter-Relationship of the Clerical and Medical Functions*, in the Trophy Room, St. Paul's Cathedral, to the members of the Church Homiletic Society. Dr. Richardson gave notable examples of eminent men who combined in themselves the two professions. He regretted that the absolute division of the two professions had been formally made, and expressed a hope that it would soften down materially in the next few years, to the benefit of the world at large.

It is certain that mental states are often the reflex of physical conditions, and hence a knowledge of physiology and medicine would add largely to the religious teacher's power for good.

THE REV. DR. SINCLAIR PATERSON, minister of the Belgrave Presbyterian Church, is a doctor of medicine, and on the 10th instant he delivered a lecture upon the above subject at the Vestry Hall, King's-road, Chelsea, under the auspices of the Chelsea Literary and Scientific Institution.

The lecturer said we know the results, but not the nature, of life, and in considering what life is, we must bear in mind what we know of the transformation of force. Force is a constant quantity; its amount remains the same, although it may undergo a change as to its locality. The heat of the sun causes vapour to rise from the sea, which falls, perhaps, in the form of snow on some mountain top, and by gravitation finds its way into the sea again. The force expended by the descent of the water is available for a variety of purposes. Precisely the same amount of power can be used as was expended in raising the vapour from the sea; the power may take another form, but its amount remains unaltered.

We are in the habit of eating and drinking, and by that means putting force into our bodies, and when that force is expended we are no longer able to work. The living body contains an inherent power, but in what this power consists, cannot be explained. Every individual possesses a certain amount of what may be called vitality, or liveableness, and circumstances being equal, would live a corresponding period. Each race has its own appointed time of duration, and although individuals may exceed or fall short, the race, as a whole, manifests the same length of life in an extraordinary manner. The question arises, Why should one germ—the origin of life—be capable of existing many years, while another only lives a short time? Protoplasm does not apply to living bodies; it

should be described as Bioplasm, or living matter, rather than as first life.

Our body is formed of a number of cells, doing their work and ceasing to exist. In fact, our body is continually dying, so to speak, and renewing itself. We believe that life is a Divine gift, and let the philosophers, if they can, give a better explanation.

Bearing in mind these facts, and that we can only examine the results of life, and not life itself, we have to examine the question, Where is it we find the material that sustains life? Our food supplies us with an example of the transformation of force: the more quickly a man wastes, if he can renew himself at the same rate, the more quickly he will live, or, in other words, the more force will he expend in muscular activity or brain power. The materials we take in resemble the body itself, not perhaps in form, but in constitution. The first food we take, milk, does not look like either bone, sinew, or muscle, and yet the body of the child may be built up entirely for the first year or eighteen months of its existence with this food exclusively. Water enters largely into the composition of the body, and of all kinds of food; it is the great distributor of matter through the frame, and when the body gets dry, not only do wrinkles appear, but the muscles harden. If all communication were cut off from London, the populace would starve, although the country were teeming with food, and so, if the supply of nutriment to various parts of our body were discontinued, our bodies would starve, although in our bodies there might be ample materials to keep us going. However much food we may get, it is of no use unless it is conveyed to all parts of our bodies. This is done by the circulatory system.

Milk contains caseine or cheese, identical in composition with the fibre of meal and gluten of wheat. This is called nitrogenous, because it contains elements of life; and, speaking generally, there are four main constituents of all organisms, viz., hydrogen, nitrogen, oxygen, and carbon. Sulphur, phosphorus, iron, calcium and sodium also enter into the composition of the body, but it will be sufficient to bear in mind these four main constituents. The body cannot be built up by taking these things as they are; they must be received in some other form or combination. The body, it should be remembered, fulfils many functions; it builds up its own structure, but it carries on the processes of thinking, digestion, secretion, and circulation of the blood, before it can put forth a single effort. It not only has to do work externally, but internally as well, and to do both by the force obtained from the food.

It is impossible to say what is the best form of food, except after lengthened study and experiment. What suits one man may not suffice to build up the body of another: each must judge for himself. Some foods supply heat alone, others structure, and some furnish both. Fats, oils, starch and sugar are supposed to specially maintain heat. Nitrogenous substances, such as gluten, caseine, and fibrine, are said to be useful in directly building up the body.

One very important fact to be borne in mind is the necessity of providing a due variety of food; and those who are trying to confine themselves to vegetable foods should remember that with them it is especially necessary to have judicious variety, in order to obtain all the elements required to keep the body in health.

The digestibility of different kinds of food is important, but this knowledge can only be gained by experience; therefore we must judge for ourselves what food is most easily assimilated.

Then, as to the preparation of food. Good cooking is not merely at the bottom of good feeding, but of disposition; for if we are perfectly nourished there is less excuse for annoying others than if we were badly nourished. Nothing that will help us to get the greatest amount of good from our food is to be despised. For example: to extract the goodness from meat for soup, we should put the meat into cold water and let it gradually heat; but if we wish to cook the meat for eating, we should put it at once into boiling water, because the albuminous portion would thus be solidified and the goodness retained. If we reverse these processes, we simply defeat our object, and thus we see the importance of acting intelligently even in such a matter as this.

The lecture was well received, and, at its conclusion, a cordial vote of thanks was passed to Dr. Paterson,



THE BEST METHOD OF COOKING MEAT.

PROFESSOR YOWMANS, in his *New Chemistry*, says: The first effect of applying a strong heat to fresh meat is to contract its fibres, press out a portion of its juice, and prevent the escape of more by partially closing the pores. In preparing meat for food, it is desirable that it should retain the ingredients of its juice; and this will depend much upon the method of culinary procedure. If the meat be introduced into the water *when briskly boiling*, the albumen at its surface, and to a certain depth inward, is immediately coagulated, thus enclosing the mass in a crust which prevents the juice from escaping, and also from being weakened and dissolved by the external water penetrating within. The albumen coagulated within the meat also forms a protective sheath within the fibres, and thus prevents them from becoming shrivelled, tough, and hard by boiling. If, on the contrary, the meat be placed in cold water, and the temperature slowly raised to boiling, a portion of the savoury and nutritive juices is dissolved out, and the meat becomes proportionally poorer for the loss, while at the same time the fibres grow hard and tough. Whether the meat be surrounded by hot water, or exposed to heat in any other way, as soon as the water-proof coating is formed, the further changes are effected by internal vapour or steam. In *roasting* or *baking*, therefore, the fire should at first be quite hot, as meat, when exposed to a slow heat, becomes dry and unsavoury, from the constant escape of its juices through the open pores.



EXCESS,

'Intemperance is the root of many diseases, and sickness and debility the chastisement.'

ESTIMABLE.

'Regard that which is estimable before that which affords enjoyment.'

ENVY.

'Envy is a picture and resemblance of hell.'

'The advancement of others is the most mortal offence to envy.'

'Envy shoots at others and wounds itself.'

'Worth begets in base minds envy, in great souls emulation.'

CURRENT OPINIONS.

THE utterances of few public men better deserve attention than do those of the EARL OF DERBY; and his recent speech at Rochdale, upon the state of trade, will well repay the most thoughtful consideration.

The noble Earl well said of the investing classes :

'The classes that have money to invest are, I think, in this country more especially gulled out of it than anywhere else. Honduras loans, Venezuelan loans, Turkish loans, Spanish loans—nothing that promises high interest comes amiss to them. I believe that if, a few years ago, the King of Dahomey had wanted a loan, he would have got one. I almost wonder that he did not, but probably he was too much of a savage to see the advantage of being in debt. (Laughter.) The estimate has been made—I never verified it, but I believe it has been made on good authority—that English capitalists have lent more than 300 millions sterling to States that will never pay them a shilling. A great deal more, no doubt, has been wasted in private speculations abroad. So long as the period of free lending goes on, trade is artificially stimulated here. A South American Government, say, raises four or five millions, and proceeds to spend it—after deducting what financial agents have stolen by the way—in building ironclads, or in making railways; and the ships, or the rails, as the case may be, are constructed here. But when that money is spent, and the borrowing State finds that it can raise no more, it ceases to indulge in the extravagance of paying interest to its creditors, and at the same time the demand for ironclads or rails stops all of a sudden.'

There is considerable force in the over-production theory so admirably put by Lord Derby :

'If we make, say, twice as many stockings as we made ten years ago, it does not follow that there will be twice as many legs to put them upon. A time comes when more is being produced than the market will take, and the reaction follows of loss, low prices, and low wages.'

The condition of the people, however, clearly indicates that we have not reached this point; for, unfortunately, amongst large classes of the community there are more legs than stockings!

Mr. William Hoyle, 'A Manchester Cotton Manufacturer,' who has, perhaps, more closely studied this question than any other living man, says in a valuable paper* recently issued :

'Reverting to the question, how is it that the stocks in the warehouses of merchants and manufacturers do not find their way upon the backs and into the homes of the people, the answer is found in the fact that the money which ought to go into the till of the shopkeeper goes into the pocket of the publican, and when the direct and indirect cost of our drinking overtop, as we have seen they do, the entire value of our foreign trade, the cause of the present depression is fully explained. The marvel is that things are not worse.

'For the five years ending 1862, we spent upon drink £450,000,000, or £90,000,000 per annum, but for the five years ending 1877, we spent £713,000,000, or upwards of £142,000,000 annually; being a total increase of £263,000,000, or about 56 per cent. in our drinking, whilst the population had only grown 16 per cent.

'Comparing the condition of our home trade in cotton goods for the same periods, I find that whilst for the five years ending 1861 we consumed 833,000,000lb. of cotton in the home trade, for the five years ending 1877 we only consumed 769,000,000; a falling off of 64,000,000lb., or eight per cent. The case then stands thus: population increased 16 per cent., drinking increased 56 per cent., whilst the cotton trade, instead of increasing, has decreased eight per cent.'

* "Overproduction and the Present Stagnation of Trade," by William Hoyle. London: Simpkin, Marshall & Co.

Lord Derby does not overlook this aspect of the case, and the importance of the utterance is our excuse for reproducing it at length :

'There is one other matter on which I hope I may say a word without offence. I am not going to give you a lecture on what is called teetotalism. If that rule of life be a duty for one class, it is equally a duty for all, and I have never seen my way to the conclusion that it is a duty, though I know those who, for the sake of example and social usefulness, sacrifice a lawful indulgence; but not the less the fact remains, that if the quantity of liquor and tobacco consumed in the British Isles were reduced by one-half, besides all other incidental advantages, you would have effected a reduction in taxation, mainly for the benefit of the working-classes, to the amount of twenty millions sterling. The figures are public and well-known—I take them as given for last year. You pay forty and a half millions of taxes in customs and excise for those articles alone, which is very convenient for persons interested in a large national outlay, and there are a good many of them. They will never find any other tax that will be paid with so little inquiry, but if we could only manage that little reduction of one-half, which, after all, does not imply the adoption of very ascetic habits by our people, don't you think that, besides the gain in comfort and health, besides fewer paupers and less work for the police, we shall have done something for public economy, and something for the cause of peace? (Cheers). This is a matter for the people more than for the State. The State, I think, is often injudiciously accused; it does not force or induce men to drink; on the contrary, it fines them pretty heavily for drinking. A working-man who is a teetotaler pays lower taxes, I say it with confidence, than in any other country of the world. In fact, except on his tea or coffee he hardly pays taxes at all. It is in his power to emancipate himself almost entirely from the tax-gatherer if he chose, while by his vote he retains power over the external outlay. To what extent he will do so depends upon himself and on his own class, I say advisedly on his own class, because in practice, as we know, it is the opinion of those with whom we are daily and habitually associated that influences our lives—I tell you that if as working-men you wish your class to have social power corresponding to the political power which they now possess, you must bring your opinion effectively to bear upon this question of temperance. (Cheers.) It is a collective quite as much as an individual interest. All reforms are akin, and of all reforms that lie ready to your hand it is the most urgent, the most practical, the greatest in its social as well as personal results. (Renewed cheers.)'

The proceeds of a public subscription set on foot to relieve the distress prevailing at Exeter was, according to the *Daily Chronicle* dispensed amongst 300 married men. Two pounds of bread, 4 ozs. of cheese, and one quart of beer were given to each of 200; while the other hundred received a quarter of a pound of tea each in lieu of the beer.

Subscriptions for the relief of the suffering, and especially of the starving, are always commendable. We think, however, that it is a mistake to countenance and encourage superstitious usages. Lessons of thrift might be fittingly conveyed at such times. If, in these cases, the almoners of charity were to distribute the cheapest nourishment amongst the hungry, prepared in attractive and appetising forms, the instruction imparted would be more valuable to the recipients than the food itself. Cannot something be done in this direction by way of a practical experiment?

'A Quiet Woman' has been contributing some very sensible articles to the *Christian World* upon these topics, and from that of last week we extract the following:

'Roughly reckoned, butchers' meat at 1s. per lb. contains about one-fifth its weight of flesh-making food. Peas, beans, and lentils, at 2d. or 3d., contain rather less than one-third their weight. Indian meal, oat-meal, and whole wheat-meal, at 1½d. or 2d., contain about one-fifth. Cheese at 6d. contains one-half its weight, red herrings and bullocks' liver about one quarter, and bakers' bread at 1½d. about one-eighth its weight.

'So that if we buy a shilling's worth of butchers' meat we get about 3 oz. of *staying* food; a shilling's worth of peas, beans, and lentils gives 25 oz.; a shilling's worth of wheat, oat, or Indian meal gives 18 oz.; a shilling's worth of cheese gives 16 oz.; a shilling's worth of red herrings and bullocks' liver gives about 12 oz.; and a shilling's worth of bakers' bread about 12 oz. Turnips, carrots, celery, and other vegetables, though containing little nourishment, are needful for health. They keep the blood pure when eaten with stronger food. They should be cooked in soups, as then none of the goodness that boils out of them is wasted.'

The good PRINCESS ALICE, interested as she ever was in the welfare of the people, had not allowed the dwellings question to escape her notice. In an article by MR. THEODORE MARTIN, contributed to *Social Notes*, we read of her that—

'She inherited much of her father's practical good sense, and like him was ever ready to take part in any well-directed efforts for raising the condition of the toil-worn and the poor. How much of their misery—nay, their evil ways—was due to their wretched habitations, she, like him, felt most keenly; and she gave her sympathy and support to every effort for their improvement. With this view she translated into German some of Miss Octavia Hill's essays on "The Homes of the London Poor," and published them with a little preface of her own (to which only her initial "A." was affixed), in the hope that the principles which had been successfully applied in London by Miss Hill and her coadjutors might be put into action in some of the German cities.'

The depression in trade, affecting as it does very seriously the shopkeeping class, is inducing them to take strong measures regarding the Civil Service Co-operative Association, the Army and Navy, and other similar 'stores' conducted by public servants. Without pronouncing an opinion upon the merits of the case, we may say that, presuming the case of the tradesmen is a good one, the objections they urge against the 'stores' in question do not lie against the London and Westminster Supply Association, Limited, a company which merely applies to trading the joint-stock principle which has been so successfully applied to banking. Individual traders can only beat the London and Westminster Supply Association by selling either a better article or the same article at a lower price.

THE PLEASURES OF HOME.

O home! dear home, where all delight to move;
Sweet couch of Peace, and nursery of Love!
Dear hallowed birth-place of domestic joy!
Fountain of pleasures that can never cloy!
O blessed home! it boots not where thou art,
Thy charms, like ivy, twine around the heart,
Steal on the mind, invest its mystic cell,
And bind each feeling there, as with a spell;
To us endearing all within thy shade,
Each thing familiar God or man has made.
Whate'er the clime where human dwellings rise—
'Neath laughing Italy's unclouded skies,
Round Andes' heights, that 'bove the storm-clouds run,
'Mid Turkey's minarets glittering in the sun,
By Ganges' banks, on China's wide domains,
Or Scandinavia's less luxuriant plains;
Or e'en where Winter rules with aspect keen,
And dreary Lapland's stunted sons are seen—
However humble, and however poor,
Still home is home when comes the trying hour;
Still home is home to those who know its worth;
Still home is home, the dearest place on earth!

HENRY HEAVISIDES.

ENNUI.

'Ennui is the item which makes accounts equal between poor and rich.'

HYGIENE APPLIED TO DWELLINGS.

From a Paper read before the Manchester Architectural Association on 17th December, 1878.

By B. H. THWAITE.

ARCHITECTS in their ardent devotion to the Muses have sadly neglected the goddess Hygieia. The result is that other champions have taken up the gauntlet in her behalf. The late Dr. Parkes and Dr. Richardson have shown themselves worthy knights, and proved her right to the first consideration of architects. If a building is embellished with all the treasures of art, and we know that it is unhealthy, we condemn the building, and feel contempt for its author, who neglects the application of the vital science of hygiene. The majority of the buildings erected within the last century, either as workshops, places of pleasure, religion, or dwellings, are hygienic blunders. And it is a serious reproach on our profession* that outsiders should be able to point out these discrepancies.

The atmospheric air consists of 21 per cent. of oxygen, 79 per cent. of nitrogen, and a very small trace of CO₂. For life to be kept permanently healthy, the air must contain the exact proportion of oxygen and nitrogen existing in the atmosphere, and if those proportions are altered, the condition of the blood will immediately deteriorate. The fearful disease, pulmonary consumption, which makes such terrible ravages in this country, *especially* amongst females, owes its origin to the respiration of impure air, and consequent inefficient oxygenation, decarbonisation, and generation of heat. For the lungs to remain in a healthy condition, they must have pure air, of a moderate degree of temperature and humidity, or dryness. A very dry atmosphere acts injuriously both on the lining membrane of the air-cells and on the skin. A very moist atmosphere, besides being a bad conductor of electricity, impedes exhalation from and *stimulates* absorption by the lungs and skin. Consequently, there is greater danger that contagion will be received into the lungs in very moist air, by the increased susceptibility of the absorbers. The condensed aqueous vapour (with the absorbed urea) on the walls is one of the many causes of disease. If the rooms were properly ventilated, condensation could not occur. Of course, if the sub-soil of the dwelling is damp, the sub-soil air, saturated with moisture, will rise into the heated dwelling; and here may be pointed out the danger of building on made soils, often containing putrescible matter, the vapour of which is extremely poisonous. The sub-soil air may become impure through leakage of sewers, gas-pipes, or abominable cesspools. The sub-soil must be drained, and the air prevented from forcing an entrance into the dwelling. The air of dwellings must also be kept free from that most fatal form of pollution, sewer gas.

The ordinary method of illumination by coal gas is certainly very defective from a hygienic point of view. Inferior coal gas commonly contains as much as 20 per cent. of carbonic oxide. The result of the inhalation of this gas is to render the blood corpuscles useless. Sulphuretted hydrogen and sulphuric acid are common products of inferior coal gas, both highly poisonous. The products of the combustion of coal gas should not be allowed to diffuse in the dwelling, but should be led away by an independent outlet.

The author, having some doubts as to the formation of oxides of nitrogen by the electric light, wrote to the *Engineer*. Mr. Tucker, Fel. Inst. Chem., replied that in his opinion oxides of nitrogen would not be formed, owing, as he surmised, to the subsequent hydrogenation of a lower oxide of nitrogen than N₂O₆, and on account of a catalytic action of the incandescent carbons on any nascent oxide so produced. But still there is a doubt that oxides will be formed, owing to the intense heat of the voltaic arc. If carbon points are used, carbonic acid will undoubtedly be formed. The electric light, however, is not likely to be used for dwellings—there are too many practical difficulties in the way.†

VENTILATION.

For each increase in temperature of air 1° Fah., there is a corresponding increase in bulk of $\frac{1}{481}$ parts of the volume at 32° Fah., and a corresponding decrease in weight per volume, causing the air to ascend. Assuming the normal temperature of the air to be 65° Fah., and the temperature of the body 98° Fah., there will be a striking increase of temperature, and the air will at once ascend, and, if allowed, pass out of the dwelling. But

* Professions are oftener reformed from without than from within.—ED.

† Was not this once said of gas?—ED.

dwellings, as ordinarily built, seem purposely designed to prevent the efflux of this highly heated impure air, which ascends to the ceiling, and becoming cooler, denser, and correspondingly heavier, falls again, and thus contaminates the influx air. According to Dr. Tyndal, the absorptive heat-power of gases may be expressed by the following numbers:—Air, oxygen, and hydrogen, each 1,

Chlorine	39
Hydrochloric acid	62
Carbonic acid and carbonic oxide	90
Nitrous oxide	355
Sulphuretted hydrogen	390
Sulphuric acid.....	710

The absorptive increase of heat seems in direct ratio with the increase of poisonous qualities. Therefore, carbonic acid, which is exhaled, is a great heat absorber, and so, consequently, ascends above the limited line of breathing. Pure air is not a great absorber; it remains, therefore, within the breathing limits. But carbonic acid will radiate next, in proportion to its power of absorption; so that if it is allowed to remain in contact with the ceiling, it will lose its heat by radiation, and, being half as heavy again as air at similar temperatures, will at once fall to the level of the breathing limit. These facts point to the necessity of having the outlet near the ceiling.

By knowing the maximum amount of carbonic acid that may be safely allowed in the air, we can ascertain the quantity of air that should be provided for each person. The average amount of carbonic acid in normal air is 4 volumes in 10,000. And if by exhalation the amount of carbonic acid increases to 7 volumes in 10,000, the smell of the organic matter will be perceptible, and is very strong when the amount reaches 10 volumes in 10,000; 6 volumes in 10,000 is considered the maximum safe amount. So that we have 4 volumes (the amount of carbonic acid in normal atmospheric air, minus 6 volumes, the allowable quantity, equals 2 volumes) as a working limit. The average amount of carbonic acid exhaled by a man is 0.6 cubic feet per hour, or in five hours 3 cubic feet, which will thus require 15,000 cubic feet in five hours to keep the carbonic acid the working limit of 2 feet in 10,000, and plus 1 volume, which will require 5,000—total required equals 15,000 cubic feet in five hours. Or 3,000 cubic feet is required for a man per hour, excluding the air required to dilute the carbonic acid derived from the consumption of gas-lights, or the oxygen required for the fire. A small burner consumes the entire oxygen of 24 cubic feet of air in an hour, and assuming the products of consumption to be passed away by an independent outlet, about 100 cubic feet of air will be required for each burner per hour, if the products of consumption are not allowed to contaminate the air. According to Wolpert, for each cubic foot of gas burned, 1,800 cubic feet of air will be required to properly dilute the products of consumption. Of course the heat generated by the consumption of the gas will have an influence in the removal of the impure air. The product of the consumption of 1 lb. of coal demands about 240 cubic feet of air.

The following is a summary of the proper quantities of air required in an hour to supply two persons—a fire burning 2 lbs. of coal per hour, and a gas-burner with an independent outlet:—

	Cubic feet.
Two persons require	6,000
Coal fire requires	480
Gas burner ,,	100
Total required	6,580

Assuming a space of 800 cubic feet for each person, then $2 \times 800 = 1,600$ cubic feet, so that the air will require renewing four times an hour. Of course, the greater the space, the less the number of changes per hour. And there is a greater possibility of draughts being felt in a small room than a larger one, owing to the space for diffusion being smaller. Inlets will have to be provided to supply this 6,580 cubic feet per hour. Inlets to allow a velocity of $1\frac{1}{2}$ feet per second must be provided. A velocity of $1\frac{1}{2}$ feet per second equals 5,400 cubic feet per hour, with a foot square opening; or, for a supply of 6,580 cubic feet per hour, at a velocity of $1\frac{1}{2}$ feet per second, an inlet or inlets equalling 1 foot 5 inches square will have to be provided. A velocity of $1\frac{1}{2}$ feet per second of air is not felt by the most sensitive person.

The air applied to dwellings should be warmed, as people will generally prefer breathing poisonous air in a comfortable manner to thriving in cold air.

The author will suggest several improvements which he trusts will meet with approval.

The air should be allowed to enter into the cavity of the walls, and lead round to the chimney flues—which must be built up of circular fireclay blocks—unglazed sanitary pipes will answer the purpose admirably. The air, by passing round the circular flues and bafflers, will abstract the heat from them, and, ascending, may enter the room about two feet below the ceiling. This would be an effectual and economical way of heating the air, and would utilise some of the heat which passes up the chimney flue. Warming by the ordinary open fireplace is, at best, extravagant and uneconomical, as fully seven-eighths of the heat is lost by passing up the chimney, but by radiation—as explained—some of the heat may be utilised to warm the incoming air.

The inlet placed at such a height would not be a source of annoyance, and there is less liability of its being closed.

(The author shows the outlet leading into staircase, where it would ascend and pass out at the roof through a louvre.)

Each floor could be ventilated and warmed in a similar way, or, by an additional valve, the warm air could be led into the rooms above.

The staircase being the grand channel for leading off the impure air would become agreeably warm, and the air in the staircase would not be very impure, owing to the great dilution, but would also agreeably warm the upper rooms.

The products of combustion of gas lights should be led away into the chimney flue. Rickett's ventilating globe lights are well adapted for the purpose, though outlet pipes should not be placed too near woodwork, for fear of over-drying, which might result in spontaneous combustion. The method of having a separate foul-air flue adjoining the chimney has some merits—the heat of the chimney assisting extraction. An improvement on this arrangement would be to utilise the lower half the height of the flue in the room to heat incoming air, and utilise the upper half of the flue to abstract the foul air.

When there are direct inlets into the room, or outlets to chimney, to retard velocity and prevent chimney-draughts, valves may be placed. The cloth valve of Crossley, of Brighouse, is well adapted by the silence of its movements, but the material is not durable. Mr. Weaver's efflux and influx Carton Pierre ventilators are simple and inexpensive, though not quite noiseless in their action.

The Purified Air Company, London, Shillito and Shorland, of Manchester, and Tobin, of Leeds, have systems of ventilation. The principle of all is the inlet of fresh air by means of vertical pipes, allowing the air to enter the room at a certain height, so as to diffuse gradually throughout the room. The Purified Air Company pass the air over the surface of water at the inlets, which will, no doubt, to a certain extent purify the air, as water absorbs gases very quickly; but the renewal of the water and danger of evaporation renders it impracticable. Some advocate the method of allowing the impure air to enter direct into the chimney flue, but it is found that a sudden change of temperature will draw the smoke into the room, though an outlet valve may modify this evil.

(To be continued in our next.)

SANITARY WORK IN COUNTRY MANSIONS.

Too much importance cannot be attached to the example set by the wealthy classes in matters of home life. It is, therefore, very satisfactory to be able to note from time to time the increasing attention that is being given to sanitary matters in connection with the country-houses of the nobility and gentry, these houses being so many centres of influence in the surrounding neighbourhoods. Some very important sanitary works have been in progress during the past few months at Headington Hill Hall, near Oxford, and the works have lately been visited by some of the university and city authorities, including among others the Dean of Christ Church, the High Sheriff, Professor Rolleston, the chairman and members of the local board, and Mr. W. H. White, the city engineer. It is only twenty-five years since old Headington Hill Hall was taken down and the present mansion built by the late Mr. James Morrell, and yet so great has been the advance made in the knowledge of the conditions of health during this time that the best arrangements of a quarter of a century ago are now quite contrary to the requirements of sanitary science. Recognising this, Mr. G. Herbert Morrell sought the advice of Dr. W. H. Corfield, Professor of Hygiene and Public Health at University College, London, who condemned the old brick and

pipe drains running under the house, the socketed lead and iron soil pipes, the whole of the D traps, and the want of ventilation to both sewers and closets. A new system throughout was accordingly planned by him, and the work has been done from drawings by and under the personal direction of Mr. Mark H. Judge, Surveyor, of 6, Dudley Place, W. The twelve water-closets are now trapped by means of a plain syphon in place of the old D trap, thus securing for the trap a thorough flush each time the closet is used. In the servants' apartments the closets and traps are all in one piece of earthenware, with no valve, plug, or mechanism of any kind to get out of order by rough usage. All the soil-pipes are taken to the outside of the house in lead, and the course of each is through an air-chambered syphon-trap, before it is connected with the stoneware drain, and each closet is ventilated by means of a four-inch lead pipe carried above the roof. The sewer itself has a separate ventilating shaft taken to the highest point of the roof. At a distance of three hundred feet from the mansion the course of the sewer runs through a disconnecting chamber, which cuts off all pressure of sewer gas from the house drains; the latter are again disconnected at the several points where the lead pipes from the mansion are joined to the stoneware system outside. A flushing-box is placed at the head of the drain, and a number of inspection pipes have been put in, so that at any time the drains may be examined at any point without breaking into them. Some architectural features have been added to the mansion, consequent upon rearrangement of the water-closets and bedrooms on the second floor. The work has also included the provision of new and improved sinks, a separate system for rain-water, and it should be mentioned that the drains have been connected to the city sewer by means of a stoneware drain taken right across the park to the foot of Headington Hill, to which point the new city sewer is extended. The visitors, being all interested in sanitary matters, spent some hours in the examination of the works.

ARTIZANS' DWELLINGS IN EXETER.

A BLOCK of dilapidated dwellings, situate at the bottom of Rack Street, was recently purchased by the Exeter Freehold Land Society, and the site has been cleared for the erection of artizans' dwellings. The removed buildings had been let out in tenements, and were occupied by about sixty persons. The society intends to erect eleven separate two-storey houses, at a cost of about £170 each. The total cost, including ground, will be something under £2000. The architects are Messrs. Packham and Croote, and the builders are Messrs. Brealey and Sons. It is hoped that this interesting experiment of the Land Society will be successful, and largely imitated by owners of questionable property.



CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

THE LIQUOR TRAFFIC AND LICENSING.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,

The man who cares much for house and home wants, we take it, peace and quiet. One of the surest ways of denying him this is to open a tavern in his neighbourhood. Hence the wisdom and forethought shown by the Artizans' Dwellings Company and others in excluding liquor-shops from their property.

But here is a fine opportunity for the would-be publican. He tries to get a 'licensed' house as near the prohibitory estate as possible.

At the Queen's Park such an effort is to be made (for the third time) this year. The people don't want it, neither those on that estate nor in the neighbourhood. We mean, of course, the large majority do not. But though we shall have a well-signed petition against it, there is no guarantee that the license will not be granted. Last year we only escaped by the 'skin of our teeth,' i. e. by a narrow majority of the magistrates. This year we are almost sure to fail, if we do not have legal

assistance. This we mean to have. But we need the FUNDS. We want, if necessary, to follow the matter up to the revising committee. Who will help?

Surely shareholders of the company will subscribe a small sum each to prevent this depreciation of their property, as the directors will not vote anything towards it. Contributions will be thankfully acknowledged by the undersigned.

S. BOTT, Minister, St. Jude's, Queen's Park.

T. HALL, Pastor, Wycliffe Union Tabernacle, Herries Street, Queen's Park.

W. SNELL, 27, First Avenue, Secretary, Queen's Park Temperance Society.

[The question raised by this letter is one of great importance, as, unless the company bestirs itself to prevent licensed houses being planted within a few yards of the estate, the value of the experiment of excluding public-houses from the estates of the company will be diminished. It is not merely a question of sentiment, but a matter affecting the value of the company's property; and viewed from this light, we scarcely think the board would refuse to co-operate with the great body of residents on the estate who are desirous of resisting the establishment of a liquor-shop in their midst.—ED.]



GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—Coleridge.

HOUSES are built to live in, more than to look on; therefore, let use be preferred before uniformity, except where both may be had.—Lord Bacon.

A single light answers as well for a hundred men as for one.—The Talmud.

Who gains wisdom? He who is willing to receive instruction from all sources. Who is the mighty man? He who subdueth his temper. Who is rich? He who is contented with his lot. Who is deserving of honour? He who honoureth mankind.—The Talmud.

I stopped at Friburg, chiefly to hear the renowned organ of St. Nicholas. This famous instrument has 67 stops and 7,800 pipes, and the hearing M. Vogt play upon it has been a treat worth a long pilgrimage. What Milan is to Gothic cathedrals, or Niagara to waterfalls, this organ is to other instruments. About a hundred persons, paying one franc each, assembled to hear the organ, at half-past eight, the church being dimly lighted. I can very inadequately describe the performance; but it expressed, in a marvellous manner, both the skill of the organist and the capacity of the organ. The prelude of this musical 'Creation' was a grand crash of harmonic chaos. Then the spirit of music breathed upon the elements, and we heard voices tiny as children's, and songs as of nightingales, and sighs as of aspiration, rising to continuous trumpet tones as from instruments of silver; and more vocal notes, which it required an effort to believe were not human. Then came songs of exquisite pathos as from a choir of three or four; now the limpid voices of virgins; anon a bass voice, perfectly human, but as from the throat of a musical giant; then a burst of joyous thanksgiving, as from spirits redeemed; anon a plaintive melody, as of a soul passing away, while the heavens opened that we might hear angelic welcomes and hosannas; then, again, a storm of sound, in which wind and water, sheeted lightning and the rolling thunder, played their parts as if harnessed to the instrument and guided by the skilful organist. Volume after volume of sonorous music rolled through the arched roof of the old church, and ascended in harmonious thunder to the tower, producing an astonishing effect; and finally, Creation, as it were, having finished her grand *Tu Deum*, the notes sank down to a piano softness, or like the notes of linnets, thrilling with emotion, the spirit of peace and calm settling down upon all, the organ notes dying away in a very whisper of divine melody.—F. R. Lees.

Philosophy does not look into pedigrees; she did not adopt Plato as noble, but she made him such.—Seneca.

Riches, though they may reward virtues, yet they cannot cause them; he is much more noble who deserves a benefit, than he who bestows one.—*Owen Felltham.*

The ambitious person lodges his happiness in the fancy of another; but the man of understanding depends upon himself.—*M. Antoninus.*

He that visits the aged or sick in hopes of a legacy, let him be never so friendly in all other cases, is no better than a raven, and watches a weak sheep, only to peck the eyes out.—*Seneca.*

Silence does not always mark wisdom. I was at dinner some time ago, in company with a man who listened to me, and said nothing for a long time; but he nodded his head, and I thought him intelligent. At length, towards the end of the dinner, some apple dumplings were placed on the table, and my man had no sooner seen them than he burst forth with, 'Them's the jockeys for me!' I wish Spurzheim could have examined the fellow's head.—*Coleridge.*

I make not my head a grave, but a treasury of knowledge; I intend no monopoly, but a community in learning; I study not for my own sake only, but for theirs that study not for themselves; I envy no man that knows more than myself, but pity them that know less. I instruct no man as an exercise of my knowledge, or with an intent rather to nourish and keep it alive in mine own head, than beget and propagate it in his; and in the midst of all my endeavours there is but one thought that dejects me, that my acquired parts must perish with myself, nor can be legacied among my honoured friends.—*Sir T. Browne.*

When any one contradicts me, he raises my attention, not my anger; I advance towards him that controverts and instructs me. The cause of truth ought to be the common cause both of one and the other.—*Montaigne.*

Two nations, or most likely two governments, have a dispute; they reason the point backwards and forwards; they cannot determine it; perhaps they do not wish to determine; so, like two carmen in the street, they fight it out; first, however, dressing themselves up to look fine, and pluming themselves on their absurdity. Just as if two carmen were to go and put on their Sunday clothes, and stick a feather in their hats besides, in order to be as dignified and fantastic as possible. They then 'go at it,' and cover themselves with mud! blood! and glory! Can anything be more ridiculous? Yet, apart from the habit of thinking otherwise, and being drummed into the notion by the very toys of infancy, the similitude is not one atom too ludicrous; no, nor a thousandth part enough so.—*Leigh Hunt.*

The lust of power is the most flagrant of all the affections of the mind.—*Tacitus.*

To share a heavy burden merely to ease another that is oppressed, is noble; to do it cheerfully, sublime.—*Lavater.*

We carry nothing away with us out of this life, but a good or an evil conscience.—*Politian.*

He that boasts of his lineage, boasts of that which does not properly belong to him.—*Seneca.*

As it is impossible to please men in all things, our chief study should be to satisfy our own consciences.—*Chinese Proverb.*

Charity resembleth fire, which inflameth all things it toucheth.—*Erasmus.*

He gives double who gives unasked.—*Arabian Proverb.*

Great blusterers are often great cowards.—*Latin Proverb.*

A friend, who had resided some time in Brazil, told an anecdote, which was extremely pleasing to me, on account of the distinct and animating faith it implied. When walking on the beach, he overtook a negro woman carrying a large tray upon her head. Thinking she had fruit or flowers to sell, he called to her to stop. On being asked what she had in her tray, she lowered the burthen upon the sand, and gently uncovered it. It was a dead negro babe, covered with a neat white robe, with a garland around its head, and a bunch of flowers in the little hands, that lay clasped upon its bosom. 'Is this your child?' asked my friend. 'It was mine a few days ago,' she said; 'but it is the Madonna's now; I am carrying it to the church to be buried. It is a little angel now.' 'How beautifully you have laid it out!' said the traveller. 'Ah!' replied the negro, 'that is nothing compared to the beautiful bright wings with which it is flying through heaven!'—*The Mother's Book.*

The diamond has its value from its own lustre, and not from the rock whence it grew.—*Persian Proverb.*

For Pope's exquisite good sense, take the following, which is a masterpiece:—'Nothing hinders the constant agreement of people who live together but mere vanity; a secret insisting upon what they think their dignity or merit, and inward expectation of such an over-measure of deference and regard as answers to their own extravagant false scale, and

which nobody can pay, because none but themselves can tell readily what pitch it amounts to.' Thousands of homes would be happy to-morrow, if this passage were written in letters of gold over the mantle-piece, and the offenders could have the courage to apply it to themselves.—*Monthly Chronicle.*

A tradesman in the country tendered an account in which was the following item; and, considering the job, his charge was certainly moderate:—'To hanging wickets and myself, seven hours, five shillings and sixpence.'—*New York Mirror.*

Let not thy laughter handsell thy own jest, lest whilst thou laugh at it others laugh at thee; neither tell it often to the same hearers, lest thou be thought forgetful or barren. There is no sweetness in a cabbage twice sod, or a tale twice told.—*Quarles' Enchyridion.*

Some men by ancestry are only the shadow of a mighty name.—*Lucan.*

It is a wretched thing to live on the fame of others.—*Juvenal.*

There are none more abusive to others than they that lie most open to it themselves; but the humour goes round, and he that laughs at me to-day, will have somebody to laugh at him to-morrow.—*Seneca.*

True blessedness consisteth in a good life and a happy death.—*Solon.*

Of those men whose talents are inconsiderable, while their stations are eminent—as well as those whose knowledge is small, while their schemes are large—there are but few who do not become miserable.—*Chinese Prov.*

It is proper that alms should come out of a little purse, as well as out of a great sack; but surely where there is plenty, charity is a duty, not a courtesy; it is a tribute imposed by heaven upon us, and he is not a good subject who refuses to pay it.—*Owen Felltham.*

Activity is liable to commit some injuries; but indolence is sure to do no good.—*Zimmerman.*

EMPLOYMENT OF TIME.

'Spend your time usefully and beneficially in pursuits that will either dignify and ornament the mind, or do good to the community. For life is too short to waste much of it in frivolities or unnecessary gratification.'

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

Correspondence should reach the Editor not later than Monday afternoon, if its insertion in the next issue is desired.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s.

ADVERTISEMENTS.

	£	s.	d.
Front page		4	0
do. do., per column		1	10
Back page		5	0
do. do., per column		2	0
Inside pages		4	0
do. do., per column		1	12

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid. Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.
Articles for Sale.
Houses and Apartments wanted, to be let, or to be sold.
Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

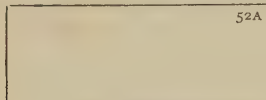
The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the rate of 3d. per twelve words; but less than four words will be charged one penny. Halfpenny stamps are received in payment.

Advertisers not wishing their names and addresses to appear must intimate their desire to us, when we attach distinctive numbers to such advertisements; and all replies to such advertisements must be addressed, under cover, to the respective numbers at our Office.

In replying to an advertisement to which a number is attached, the answer must be contained in a blank envelope, which must be fastened, with the number of the advertisement distinctly written upon the top right hand corner of it, thus—



and enclosed with a penny stamp in another envelope, addressed to the Manager of "House and Home," 335, Strand, W.C.

We strongly urge strangers, when dealing with each other to deposit the purchase-money at our Office. When this is done the deposit will be acknowledged to both parties, and we shall hold the money until we are satisfied that the transaction is completed; when, if a sale has been effected, we shall remit the amount to the vendor, but if a sale is not effected and we are satisfied that the goods have been sent back to the owner, the money will be returned to the depositor. In either case we deduct 6d. commission if the amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on approval should not be kept more than four days. We advise all goods to be purchased on approval, and the right to return them should be insisted upon. When a number is used instead of the name and address of the advertiser, the name of the town should be appended to the advertisement, thus—(Gloucester.)

Unless otherwise stated the prices advertised do not include the postage or carriage of the article offered for sale. The rule in the case of an article sent on approval but returned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting strangers. Goods ought never to be parted with for Bills, Drafts, Cheques, or Notes, until these have been cleared, or their genuineness otherwise ascertained. The deposit system, however, provides Perfect Safety.

All letters must be addressed to the Manager, Sale and Exchange Department, "House and Home," 335, Strand, W.C.

Deposits must be made by Cash, or by Cheques, and Post Office Orders, running in favour of John Pearce, and payable in London.

The Sale and Exchange.

THE LIBRARY.

HISTORY.—Quite equal to new, Gibbon and Ockley's History of the Saracen Empire (Murray), 2s.; Memoirs of the Court and Times of Queen Elizabeth, 2s.; Hallam's State of Society in Europe during Middle Ages, 4s.; History of the Decline and Fall of the Roman Empire, by Gibbon (Bohn's imperial edition), pub. at 31s. 6d., for 9s. 6d.; Burnet's History of his own Time (Bohn), pub. at 25s., for 7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half morocco, 16s.; Hume's England, 3 vols., cloth, 1871, 7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.; Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.; England under Henry VIII., by Lord Herbert, 1872, 3s. (London)—53.

RELIGIOUS.—The following are from the library of the late Bishop Wilberforce: Mornings with Mamma, fourth series, roan, 2s.; The Epistle to the Galatians, by Sir Stafford Carey, M.A., 2s.; Church Expansion, by Rev. C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural Deans, by Fendall, 1s.; The Spiritual Combat, by Father Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Tegg, London), a large vol., half-bound, in good condition, 6s. 6d.; Milton's Works, prose and poetical, in one large vol., cloth (Bohn), 7s. 6d.; Budinger's Abridged Bible, from the German, by Asher, 1s. 6d.; Cobbin's New Testament with notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in 3 vols., 6s.; New Testament in Hebrew and Greek on opposite pages, 2s.; The Perfect Life, by W. E. Channing, 2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.; Invocation of Saints and Angels, by Shipley, 1s. 6d.; Femall Glory, 1635, reprinted and edited by Shipley, 2s. —55.

Companion to the Holy Communion, Bickersteth, 1s.; Whisper to a Newly-Married Pair, by Mrs. Balfour, 1s. 6d.; Home Education, by Isaac Taylor, 2s.; Character, by Isaac Taylor, 1s. (London)—56.

OLD LITERATURE.—The Reconciler of the Bible, by J. T., Minister of the Gospel, London, 1656, old calf, 2s. 6d.; Heaven Opened, by R. A., London, 1665, old calf, 2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A., in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology, in two small vols., newly bound in leather, 1799, 3s.; Characteristics, by Anthony, Earl of Shaftesbury, in 3 small vols., old calf, 1749, 5s. —57.

The Modern Picture of London, by N. Whittock, Virtue, 2 vols., imperfect, but containing many steel engravings, 2s.; Fielding's New Peerage of England, Scotland, and Ireland, 1784, very clean, 2s. —58.

POLITICAL.—Letters of Runnymede, by Lord Beaconsfield, 1836 (a very daring work in his most sarcastic style), 10s. 6d.; The Voyage of Captain Poppinilla, first edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for the People, edited by J. A. Roebuck, M.P., London, 1835 (a most Radical production of the *then* Radical reformer), 8s.; Individual Liberty, by Vindex (a clever reply to J. S. Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the Man of his Time, from caricatures, over 100 caricatures, 4s.; The Great Suez Canal, its political, engineering, and financial history, by Percy Fitzgerald, 2 vols., pub. 30s., 5s.; Life of Thomas Wentworth, Earl of Stafford, by E. Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney, 1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.; Memoirs of Distinguished Political Women, 2 vols., 3s. 9d.; Old Rome and New Italy, by Castelar, translated by Mrs. Arnold, 2s. 6d.; Secret Societies of the European Revolution, by Frost, 2 vols., 5s. 6d. —60.

POETICAL.—Yarrow Revisited, and other Poems, by W. Wordsworth (Moxon, 1839), in good condition, 4s.; Hours of Idleness, a series of poems, by a noble author (Lord Byron), London, Benbow, 1822, 2s. 6d.; Thoughts in Prison, by Dr. Dodd, Longman, 1815, in calf, 2s.; Sigourney's Poetical Works (Nelson), 1s.; Flora Poetica, or Poetry on Flowers, with plates, by Banks (Longman, 1834), 2s. 6d. (last two, binding bad). —61.

Chandos Classics, in cloth, at 1s. 8d. per vol., as follows:—Burns, Byron, Cowper, Hemans, Longfellow, Moore, Scott, Shakespeare, Milton, Wordsworth, Keats, Coleridge, Shelley, Campbell, Hood, Pope, C. Mackay, Doctor Syntax, Hudibras, Pope's Iliad, Pope's Odyssey, Legendary Ballads of England and Scotland, Eliza Cook, Goldsmith's Works, Dodd's Beauties of Shakespeare, Dryden's Virgil, new. —62.

Cassell's Edition of the Poets—Scott, 3 vols. in 1, 2s. 8d.; Dryden, 2 vols. in 1, 2s.; Young's Night Thoughts, 1s. 6d.; Herbert's Poetical Works, 1s. 6d.; Thompson, 1s. 6d. —63.

Concordance to Milton's Works, 20,000 references, 1s. 9d.; Concordance to Tennyson, 5s. 6d.; Comparative Estimate of Modern English Poets, by J. Devey, 2s. 8d.; Emerson's May-Day, cloth, 9d.; Hood's Comic Poems, 1s. 9d.; Hood's Serious Poems, 1s. 9d.; Hood's Early Poems, 1s. 6d. —64.

MEDICAL AND SCIENTIFIC.—Notes on Epidemics, by Austie, 1s.; Beeton's Dictionary of Universal Information, 9s.; Blackwell's Lectures on the Laws of Life, 9d.; Change of Air and Scene, a Physician's Notes and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s.; Our Food, by E. A. Davidson, 9d.; Sciatia and Lumbago, by H. Lawson, M.D., 2s.; Wines and Other Fermented Liquors, by Sheen, 1s.; Smedley's Practical Hydropathy, 2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.; Elements of Health and Female Hygiene, by Dr. Tilt, 1s. 8d.; Utilisation of Minute Life, by Phipson, 1s. 8d.; Kirke's Handbook of Physiology, by Baker, 6s. 6d. —65.

FICTION.—White Conquest, by Hepworth Dixon, 3 vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds, 40 steel engravings, 7s.; Calumny, by Eastwood, illustrations, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d. —66.

The following novels are equal to new, some uncut, in three volumes, offered at 3s. per set:—A Little World, by G. M. Fenn; As the Shadows Fall, by J. E. Muddock; As Innocent as a Baby, by W. C. Russell; Beauchamp's Career, by Geo. Merideth; Black Spirits and White, by F. E. Trollope; Broad Church, by Dr. M. Davies; Captain Fanny, by the author of 'John Holdsworth'; A Charming Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers; The Chronicle of Sir H. Earsleigh, Bart.; Squire Silchester's Whim, by M. Collins; Miranda, by M. Collins; Democracy, by Whyte Thorn; Done in the Dark, by the author of 'Recommended to Mercy'; Doubleday's Children, by Dutton Cook; Durnton Abbey, by T. A. Trollope; Fair, but not False, by Evelyn Campbell; From Plough to Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J. Ayrton; Greed's Labour Lost, by the author of 'Recommended to Mercy'; His Second Wife, by Mrs. Eiloart; Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P., by Mrs. Eiloart; The Landlord of the Sun, by William Gilbert; Love's Young Dream; Oakshot Castle, by Henry Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty Miss Bellew; Shipowner's Daughter, by John Saunders; So Very Human, by A. B. Richards; The Doctor's Dilemma, by Hessa Stretton; Thereby hangs a Tale, by G. M. Fenn; and Verts, by Dr. C. M. Davies.

Also the following at 3s. 6d. per set:—Albert Lunel, by the late Lord Brougham; The American Senator, by Anthony Trollope; Hostages to Fortune, by Miss Braddon; Dick Temple, by James Greenwood; Four Schoolfellows; Harvest of Wild Oats, by Florence Marryat; Her Father's Name, by Florence Marryat; Ninety-three, by Victor Hugo; One of Two, by Hain Friswell; Silent Witness, by Ed. Yates; and White Ladies, by Mrs. Oliphant.

The Prime Minister, by Anthony Trollope, in four thick volumes, 1876, 5s. 6d.; not carriage free. (London)—51.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View of London, by John Corry, 1879, very curious, 2s. 6d.; Hogarth's Works, in three vols., 8vo., cloth, 16s. engravings, 12s.; The Genial Showman, Artemus Ward's Life, 4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intemperance, and temperance.—Verax, 'House and Home' office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4. J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high, or 3ft. 6in. wide. State condition. (Reading)—68.

PRINTING.—Wanted a Self-Inking Machine, Model or Simplicimus.—London—69.

AGENTS FOR 'HOUSE AND HOME.'

MESSRS. CURTICE AND CO.,
Of Catherine Street, W.C., and Fleet
Street, E.C., are the
WHOLESALE AGENTS.

Agent for the Queen's Park Estate:
Mrs. L. SHILLABEER, 14, Harrow Road, W.

Agent for the Shaftesbury Park Estate:
Mr. GODIN, 6, Eversleigh Road, Shaftesbury Park Estate.

Agent for Peabody Buildings Dockhead:
Mr. W. PRENDEVELLE, Superintendent's
Office, No. 2 B Block.

Agent for Colehill Buildings, Ebury Street,
Lumley Buildings, Pimlico Road, and
Ebury Buildings, Ebury Square.

Miss J. DAVY, 14, Pimlico-road, S.W.

Agent for Peabody Buildings, Southwark
Street, Stamford Street, and Blackfriars.
Mr. H. W. HARRIS, 4, Blackfriars-road,
S.E.

* * * The Publisher is prepared to receive
application for Agencies from suitable
persons residing in or near to Improved
Dwellings.

ADVERTISEMENTS.

W. FARTHING & CO.,

Builders, Decorators,
and Sanitary Engineers,

37, OAKINGTON ROAD,

ST. PETER'S PARK, W.

ESTIMATES GIVEN FREE OF CHARGE.

EXPERIENCED WORKMEN SENT TO ANY

PART OF THE COUNTRY.

LONDON.—FITHIAN'S ALLIANCE
HOTEL, 17, GREAT CORAM STREET, BRUNSWICK SQUARE. 'A Home from Home.' Send for Testimonials, etc.

CONTENTS.

IMPROVED DWELLINGS	15
ON ARTIZANS' DWELLINGS AND THEIR HEALTHFULNESS	15
IMPROVEMENTS ACCOMPLISHED	15
THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED	16
HYGIENE	16
THE MORALS OF HYGIENE	16
SANITARY REFORM	17
NATIONAL HEALTH SOCIETY	18
HEALTH AND RECREATION	18
DIETETICS	19
INTRODUCTION	19
THE SALE OF FOOD ACT	21
THE ADULTERATED FLOUR CASE	21
WORDS OF CHEER	22
HOW OUR FRIENDS MAY HELP US	22
BILLY'S ROSE	22
CURRENT OPINIONS AND EVENTS	23
PATRONS, BOOKSELLERS, AND AUTHORS	24
THE RUSKIN SOCIETY	24
HYGIENE APPLIED TO DWELLINGS	24
CORRESPONDENCE	25
AGRICULTURAL LABOURERS' DWELLINGS	25
THE ARTIZANS' DWELLINGS SCHEMES	25
GEMS OF THOUGHT	26

HOUSE AND HOME.

LONDON: FEBRUARY 1st, 1879.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

ON ARTIZANS' DWELLINGS AND THEIR HEALTHFULNESS.

THIS is now, to most persons attentive to the signs of the times, a well-worn subject. Yet how little have matters advanced towards giving the masses of the poorer of town populations healthful dwellings. Of course, a great stride has been made by the passing of the Artizans' Dwellings Act, but the work under the powers of this Act must be at best slow, and it will never of its own working reach the greater portion of the population for which it is intended. The work must begin also at the other end, and the working-classes be made to feel a desire for a properly constructed dwelling, which is but little the case at present. How in every outlying district of London do we see houses of four rooms inhabited by two families; the house with its yard and back garden accumulating a quantity of garbage and filth, and with the foul smell of hen houses, or even stables, built close to the house. In such houses or cottages, no doubt their very construction tends to make the inmates careless of the state in which they keep them, for the walls are generally built of soft bricks with mud mortar, and but one brick thick, which it is not reasonable to suppose is a sufficient protection against weather; and as a matter of fact, into every such house you may go, you will find evident signs of dampness on the papering inside. We may suppose a workman and his wife, with perhaps another couple, taking a house of this class in a new street. Everything has the fresh-

ness of being new, and they resolve that theirs shall be a model home. How can their good resolutions be upheld, when the week after they have settled themselves, and begun to take a pride in their home, they find the colour going out of the wall-papering, the paper perhaps peeling off the walls, the ceilings falling down, the door-frames shaking loose, the panels of the doors cracking open, the skirtings settling from the walls, the walls cracking, bricks dropping from the arches over the doors and windows, the pretty cement finishings of the front dropping off, and after a few months, during which time they will have worn themselves out with fruitless applications to their landlord's agent, they find their home in a state of premature decay.

They will now have lost the feeling of pride with which they first viewed the house, and paper will be pasted over the broken window. The hole in the ceiling remains, the papering is not restored, the skirting-board which has come loose is found to be in the way and helps to form the hen-house spoken of; the water comes through the ceilings of the upper rooms and a pan or old cloth is put to receive it; the water-closet apparatus is out of order and remains so; and thus, with disorder in the structure of the house, they feel labour is lost in cleanliness and on matters under their own control, and by degrees all is disregarded except the bare necessities of life. Now we have some assurance from what has been done, that in block-dwellings such a state of things does not come about. These buildings are constructed in the most permanent manner in the first instance, and maintained in repair, whilst all the arrangements are adapted so as to call for the least amount of labour on the part of occupants.

It should be felt a duty with those moving amongst the poor to make themselves acquainted with the industrial dwellings already erected, and to reason out of the minds of so many the existing prejudice of having a separate house of their own, when it *must* be one of the class that has been described.—F. M.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by the following individuals, corporations, societies and companies.

1. THE BARONESS BURDETT-COUTTS.
2. SIR SYDNEY WATERLOW, BART., M.P.
3. THE COUNTESS DUCIE, JOHN RUSKIN, ESQ., AND OTHERS.
4. C. GATLIFF, ESQ.
5. C. J. FREAKE, ESQ.
6. WM. GIBBS, ESQ.
7. W. E. HILLIARD, ESQ.
8. G. NEWSON, ESQ.
9. MR. MATTHEW ALLEN.
10. W. H. HALL, ESQ.
11. MISS OCTAVIA HILL.
12. MISS J. OGLE.
13. MRS. HARRISON.
14. G. CATT, ESQ.

15. MR. J. H. BEDFORD.
16. THE LATE RIGHT HON. RUSSELL GURNEY, M.P.
17. THE CORPORATION OF THE CITY OF LONDON.
18. THE BREWERS' COMPANY.
19. TRUSTEES OF PEABODY'S GIFTS TO THE LONDON POOR.
20. THE DUCHY OF CORNWALL.
21. METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIAL CLASSES.
22. SOCIETY FOR IMPROVING THE CONDITION OF THE LABOURING CLASSES.
23. ST. GEORGE'S, HANOVER SQUARE, PAROCHIAL ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE LABOURING CLASSES.
24. MARYLEBONE ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES.
25. STRAND BUILDINGS COMPANY.
26. CENTRAL DWELLINGS IMPROVEMENT COMPANY.
27. LONDON LABOURERS' DWELLINGS SOCIETY.
28. IMPROVED INDUSTRIAL DWELLINGS COMPANY, LIMITED.
29. WORKMEN'S DWELLINGS IMPROVEMENT COMPANY, LIMITED.
30. WEST BROMPTON AND CHELSEA LABOURING CLASSES' DWELLING HOUSE COMPANY, LIMITED.
31. ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.
32. VICTORIA DWELLINGS ASSOCIATION, LIMITED.
33. NATIONAL DWELLINGS SOCIETY, LIMITED.
34. CENTRAL COTTAGE IMPROVEMENT SOCIETY.
35. MODEL HOUSE ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIAL POOR AND THE DIFFUSION OF SANITARY KNOWLEDGE.
36. CENTRAL LONDON DWELLINGS IMPROVEMENT COMPANY, LIMITED.
37. IMPROVEMENTS EFFECTED UNDER THE ARTIZANS' DWELLINGS ACTS.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

IN an early number we shall commence a history of the company from its very beginning, and trace its career down to the present time. It will be compiled from documents and other information derived from various sources. We shall show—

- The original intention of the company,
- How the shares were placed,
- Its past mismanagement,
- Its present position,
- Its future prospects,
- Its value as an experiment, and
- Its influence on the improved dwellings' movement.

DOUBT.

'By too much trust in a man's own knowledge, the greatest doubts are commonly conceived.'
'To deny what we fear to desire is to disprove our own belief.'

HYGIENE.

THE MORALS OF HYGIENE.

By T. C. M., M.D., PITTSBURG.

EACH succeeding year sees more talent brought to bear, and greater energy and activity displayed, in studying the influences which tend to undermine the health of communities and individuals, and which in continuous activity bring about deterioration of native and physical stamina. We now hear men speak boldly of many of our most dangerous diseases as 'preventable,' and we may even live to see the time when some diseases, now a terror to us, may be very rare, or even matters of history.

If this may be accomplished by the attainment of more extensive and exact knowledge of the 'laws of health,' and the laws under which diseases are propagated, discriminated and transmitted, may not something admirable be achieved in the field of morals and religion, by studying the laws of moral health and unhealth, and the laws which govern the propagation of vice?

If vice were not handed down from parent to child; if it were not communicated after the manner of a contagion; if the morally healthy might not be inoculated by being merely compelled to breathe the noxious air that broods about the morally corrupt; if the very shadow of vice were not teemingly pregnant; if, in short, the influence of man upon his fellow in a bad direction could be done away, and the sterility of bad example secured, then would the study of moral hygiene be simplified as greatly as would the great questions pertaining to public health by the elimination of contagious and infectious diseases—those which we begin to consider as belonging to the preventable class.

I attempted elsewhere to show the relationship of acquired appetites to each other, and the transmission of acquired appetites from parent to child, as appetites, or at least aptitudes in the same or similar direction—that narcotics, by reason of the profound effect they produce on the nervous system of the parent, tend to bring about a disturbance of nervous equilibrium in the child—that this disturbance may express itself equally legitimately in mental, moral, or physical vice. In short, that the use of tobacco, alcohol, opium, or other drugs of this class is the great door which silently opens on its well-oiled hinges into the *inferno* of insanity, crime, pauperism, and physical degeneracy.

But the *taint* is no less communicated by *examples*; then does it not become us, in view of the tremendous potency of this influence, to readjust our standards of right for ourselves, to be willing to be judged by our life and habits in this respect as well as in others?

Under the Christian dispensation we are, I suppose, responsible for the impress we put upon the characters of our fellow-men and posterity, by *influence* no less than by blood. If the father be responsible for the transmission of a vicious tendency to his child, what standard of right would absolve the person who, by a bad example, places a vicious impress on the character of the child? A man's responsibilities cannot end with his own

family. *All* sane people are *fathers* or *mothers*. The responsibilities of fatherhood and motherhood are perhaps not at all diminished by the accident or misfortune or penalty of being childless, and we are only released from our obligation to the coming manhood and womanhood of our land to the extent that we are relieved from all responsibility—have we the capacity to distinguish between right and wrong according to a certain standard, whether set up by the ‘moral sense’ or conventional? Have we the power to give active expression to a preference for right or wrong as contra-distinguished from each other? If we are not insane or idiotic, we cannot evade our obligation to posterity.

If it be true that physical bankruptcy sets its seal upon the bodies and souls of the children of the bankrupt, it can be also no less true that the moral bankrupt communicates a taint to all who come in contact with him, or are brought within the circle of his influence. All drunkenness, pauperism and crime, all physical, mental and moral degeneracy, cast their shadows over the purest, brightest homes, and soil everything which those shadows in their sunset length can reach. If it be true that the appetite for a narcotic is transmitted from parent to offspring, in the form of an aptitude for narcotics, it is yet more emphatically true that by our example in their use we create, in those brought under our influence, a mental and moral aptitude as dangerous, at least, and more definite—that is, the physical distress of a nervous organisation, inheriting unrest and inharmony, may never be interpreted to the understanding, while a taint communicated by example needs no interpreter. I suppose there is no question but that the force of example has more to do in influencing the young to the use of alcohol, tobacco, and other narcotics, than all other considerations put together, and the force of individual example in a bad direction is irresistible in proportion as the life of the individual is in other regards faultless. The better the man, in a general way, the more potent for evil are his vices. The question comes up in view of these facts, whether we are any less culpable in willingly following a course of life, the influence of which we know to be for evil, than if it were our *intention* that it should be evil—whether the logical and palpable *consequences* of an act must not be involved in the *willingness* to do the act.

The effects of our vices on ourselves is an all-important consideration, but the tremendous burden of responsibility incident to a wrong life only appears when we consider its immediate and remote effects on others. The ripple of influence is hardly broken on the remotest shores of time, and it seems likely, from our point of view, that the moral equilibrium of eternity will be disturbed by influences having their origin in time.

The persons we come in contact with, and immediately impress, in turn communicate the impression more or less modified to others, until the widening circle falls little, if at all, short of infinite in extent. ‘The *evil* which men do *lives* after them,’ not merely as an *effect*, but as an ever potent *cause*. It is by reason of the self-propagating power of vice that every wrong life becomes an unspeakable and immeasurable malediction for all time.

The association of ‘break’ and ‘teach,’ is as inevitable and philosophical as possible—‘teach’ following *logically* upon ‘break’ as it follows upon ‘do,’ Matt. 5 : 19.

SANITARY REFORM.

BY MRS. MARK H. JUDGE.

[From the *Sanitary Record*.]

IN this age of advanced civilisation it is astonishing to find how little attention is directed to a question which, more than any other, affects the interests and well-being of the community—the question of sanitary reform. Instead of being regarded as one of the most serious of our time, it is looked upon by the generality of people with at least indifference, and considered irrelevant to the ordinary needs of life; with illness there is, as a rule, only one means of remedy associated, and that is: the medical profession. This, people are content to go on overstocking, simply because they will not see that it is better to abolish the cause of disease rather than to wait and cure the result. Although great progress has been made of late in respect of sanitary matters, there yet remains a vast amount of work and teaching to be done before the sanitation of this country will be as it should be. Public Health authorities are, happily, becoming more impressed with a sense of the importance of sanitary laws, and do much that is commendable towards carrying them out; but, nevertheless, their efforts will not be of much avail until the value of them is recognised in every household, and people become convinced that illness is principally caused by non-compliance with them. Therefore the main thing to be accomplished, in the first place, in the work of sanitary reform, is the education of the people on the subject. In a work recently published on sanitation, allusion is made to people ‘who wish to conform to sanitary regulations, if only they know what those are.’ Now, how are they to know unless they are taught, and what provisions are there anywhere made for such teaching? Whose fault is it that even a woman whose position in life is such as to demand particular knowledge of the laws of health, very rarely knows anything about sanitary regulations?

It is treading on dangerous ground to approach the question of ‘Woman’s Work’ and ‘Woman’s Sphere,’ but surely it will be admitted—even by the most ardent admirers of ‘womanly women’—that of all other sciences sanitary science is specially adapted to the capabilities of women, upon whom the rearing of the human race devolves. To those women who realise the sacredness and responsibility of the office entrusted to their care, the highest aim in life must surely be the successful accomplishment of this important work, for upon it the future of the world depends. It is, however, a fact that although women have the bringing up of the future generation, the majority of them among the middle and lower classes are deplorably ignorant of the laws of health which should guide and govern their lives; they surround themselves and their children with conditions totally opposed to sanitary requirements, and resort to the aid and advice of some neighbouring doctor when illness, the simple and unavoidable result of the neglect of sanitary laws, occurs.

Despite the exertions that women have for some time past made to gain the right of *entrée* into various professions hitherto monopolised by men, they have yet to assert their claim to what is obviously a most suitable profession for them, viz.,

sanitary science, the profession of preserving health. Probably women consider that they have made an effort in this direction by endeavouring to enter the medical profession, but that is only like starting at the end instead of at the beginning, learning in most cases to cure what in the proper and natural order of things should not have come about, for they would not thus necessarily become preservers of health, though they would alleviate suffering; were it otherwise, the medical profession would cease to exist, as such, by becoming a school for the teaching of sanitary laws. By striking at the root of evil and devoting their energies to the work of getting rid of the *cause* of disease, women would be doing infinitely more good and be better employing the powers with which they are gifted, than by giving themselves to the consideration of the results attending disease. Are there not enough doing this without them?

Women are eminently fitted, both by their nature and their position in life, for sanitary work. Their nature renders them capable, especially where the interests of the young or their fellow-creatures are concerned, of perceiving much that the less intuitive mind of a man, more particularly with regard to children, would fail to discover. Their position in life as housewives, and more constant dwellers at home than men, gives them still greater qualifications for the study of sanitary science, as they have the management of affairs and see everything that goes on, and with a knowledge of sanitary matters would be able to detect what would be detrimental to health. The majority of men see very little of their household arrangements, and seldom care to edify themselves by contemplating the defects of their houses, unless they make sanitation a special study. This is with most men practically impossible, for they have their respective professions to attend to, and immersed in the cares of business, their minds distracted with the frequently difficult problem of providing the means to support a house, the question of sanitation gets very little attention at their hands until it becomes absolutely imperative that something should be done.

Do the members of the medical profession recognise the importance of sanitary science? It may be that they do among themselves, but why do they not preach it, and teach sufferers the value of it? Over and over again does it happen that doctors prescribe and prescribe and do no good, simply because sanitary laws are not obeyed. In illustration of this, take but one case, which recently occurred. A child was seized with a fit, and the medical man, one of some eminence, was summoned. The child was teething, and required nothing but pure air, bathing, and simple and wholesome diet, to enable it to pass safely through the ordeal generally dreaded by mothers. What had it been getting? A wash now and then, no systematic bathing, a diet totally unfit for a child, confinement indoors, and, finally, sleep in a small bedroom occupied by four other persons, two children and two adults! The doctor arrived, made no questioning, merely lanced the child's gums, and departed with the announcement that he would 'send a powder,' and with the departure of one who had acquitted himself well in a 'dangerous case,' as he described it. Not a word was breathed about the neglect of sanitary laws, no advice was given as to the necessity of pure air, no reference was made to diet, and bathing was likewise altogether ignored. This last

was, perhaps, not so much to be wondered at, for most of the faculty seem to shrink from the use of water as they would from poison. *Apropos:* a patient lately, after going through a perfectly healthy and natural process, horrified the surgeon by asking for a glass of water. 'Not water,' he said; 'you must have brandy and water, or I cannot answer for the consequences.' The patient, however, undertook to answer for the consequences, and these proved to be nothing more serious than feelings of relief. The antipathy displayed towards water, and the incredulity with which it is regarded as a preserver of health and a power in the cure of disease, is exceedingly difficult to account for. Let us hope that sanitary science will succeed in dispelling this strange and foolish prejudice.

NATIONAL HEALTH SOCIETY.

ON the 20th ult. the annual meeting of this society was held at 44, Berners Street, Mr. Ernest Hart presiding. The secretary, Miss Lankester, read a report of the year's operations, recording a considerable amount of work. A number of public lectures had been delivered, and a course of drawing-room meetings are being arranged for. These will be addressed by the following gentlemen: Dr. Teale (of Leeds), Professor Corfield, Mr. Ernest Hart, Dr. Arthur Edis, Dr. Horatio Donkin, and Mr. Ernest Turner.

The report was adopted, as was also the following resolution, Lady Stanley of Alderley and Miss Helen Taylor taking part in the discussion: 'That this society earnestly expresses the hope that the School Board of London will, at the earliest possible opportunity prior to the ensuing spring, find means for fitting and opening the playgrounds attached to the School Board schools for the purpose of systematic recreation during the Saturday evenings and summer holidays.'

The committee of 'The Parkes' Memorial Fund' have offered to the medical officers of the Army, Navy, and Indian services a prize of £100 in money and a gold medal for the best essay 'On the Effects of Hygienic Measures in Arresting the Spread of Cholera.'

HEALTH AND RECREATION.

ON Monday the 20th ult. Dr. B. W. Richardson delivered the first of two lectures at the London Institution, Finsbury Circus, on 'Health and Recreation.' He said that in childhood the tastes for recreation were as varied as amongst those of more mature years. When the children were independent in the nursery, the cause of most of the quarrels was the determining what games should be played, and it was usually the little tyrant who gained the day and compelled the others to give in to him. Recreation was a matter of sentiment of the mind in young and old. If that idea could be got into our schools of the present day, it would be of the greatest benefit. It was often asked, who were the happiest of men, and who had the most recreation? It was not certainly the mechanic or the labourer. Dr. Beard, of New York, who had gone very

fully into this subject, had published a work in which he shows the relative ages of men of different professions and trades. He found that poets, philosophers, men of science, musicians and actors lived an average life of sixty-four years. The average of the masses was fifty years, and out of a hundred mental labourers he discovered that seventy years was their mean age. Dr. Beard had inquired into the cause, and had arrived at the conclusion that the one cause influencing the lives of these men was the recreative nature of their work. When their work was compared with the muscular worker, it was found to be of a more recreative character, and generally they were far more cheerful. He therefore held that recreation had the effect of building up the body, and those who lived a recreative life were the happiest of all and lived the longest. It was his desire to make all England a pleasure-ground, which had been the dream of poets, for then the people would be healthier, happier, and longer-lived. He had no sympathy with such violent sports as football, polo, or rowing, as many young men who were delicate indulged in them, and the results were most serious. As to persons walking so many thousand miles in an equal number of hours, depriving themselves of sleep, it was certainly much to be condemned. The agricultural labourer had much to make him happy in the change of the seasons, but the happiest man was he who had his recreation in the study of literature.



DIETETICS.

BY VIATOR.



[This original treatise promises to be a valuable contribution to the discussion of an important question. It is suggestive in its matter and somewhat novel in its method. As some of the topics introduced are disputed ones, it cannot be expected that anything like unanimity of opinion will exist among our readers upon them.—Ed.]

INTRODUCTION.

THE question, Which is the best and most natural food for man? is one that has of late years occupied the attention of physicians and others who have felt the necessity for some radical change being introduced in order to avert the evils arising from false notions respecting diet; and we opine that few persons will deny the importance of an inquiry into a subject which concerns the very root of our earthly existence.

To assist in arriving at a satisfactory solution of this interesting problem, we propose to inquire into the origin, nature, and general characteristics of man; believing that such a course of procedure is absolutely necessary for the thorough understanding of our subject, and convinced that the nearer we approach the primitive state of the human race, learning therefrom the first lessons which Nature taught to man, the more accurate will be our findings, since Nature never fails in perfect adaptations. In thus reviewing the different stages of human existence, we desire it to be understood that we do so without any bias or preconceived notions, viewing them apart from all extraneous and non-essential considerations; and with the sole motive of acquiring a knowledge of truth and applying it to the welfare of the present and future generations.

Waiving the question, for the time being, Whether the human

race be the off-spring of one pair or of many? it is evident, from many considerations and unmistakable proofs graven upon the rocky pages of the earth's history, that man originated in the south of Asia, Middle Africa, and other continents now submerged, and that from these places men spread themselves over the surface of the earth, improving and refining as circumstances called forth their powers in the lapse of ages. It is also believed that at that time a tropical climate prevailed everywhere alike, extending even to the poles. And, indeed, by a study of comparative philology and by the aid of fossilised remains, there is not left the least chance for doubting the propriety of such conclusions. In that tropical climate wild fruits grew everywhere in profusion; and man, requiring no shelter to screen him from the inclemencies of the weather, lived in the forest, slept among the branches of the trees, and plucking the fruits from the branches, he ate them without and preparation; and when the fruit had been consumed from off one tree he departed for another, and so on; accommodating his place of abode to where his food was to be had. Such, undoubtedly, was the original state of our race before the dawn of civilisation.

But the evolutionary processes through which all nature must pass in development caused mighty changes in the primitive home of man; and the advent of the glacial era was none the less marked by these signs of unfoldment. The enormous ice-fields, setting in from the north and journeying southwards, swept, like a besom of destruction, vegetation from their track, causing to perish that rich verdure and coronal of fruits and flowers, and making a desert waste where before a very paradise of plenty had been. The entire surface of the earth underwent great configurations; whole continents were buried beneath the level of the ocean; the *Indus Oceanus*, bursting from its bed, formed the Mediterranean and Red Seas and the Persian Gulf, thus opening out oceanic highways for the mariners of future ages. With the progress of the ice and the bitter blasts which accompanied it, men and animals were pressed southwards; and those who, either from choice or the oppression of those who fled from the scene of destruction, remained, were reduced to the lowest level of want by the loss of food. This devastating wave did not, however, reach to the tropics, and there is no evidence that either the hunter or shepherd state was ever known in these parts. The inhabitants of the tropical climes still observe, in many instances, their original habits, and subsist on fruits and vegetables, and are as vigorous and as healthy as others who consume more expensive edibles.

But where the ice had settled, and the land upheaved forming the high north, man was changed from a natural to an artificial state; everything to him was transformed, and instead of luxuriant meadows and trees laden with his food, he beheld only desolation on every hand. Deprived of the genial warmth of the sun, he sought means to supply the lack of heat and to provide shelter from the piercing north winds. Seeking refuge in the caverns of mountains, he encountered the fury of animals which had also resorted to these places as protection against the "warring elements;" and now the struggle for existence commenced, and hunger demanding satisfaction led man to partake of the coarsest kind of food in preference to starvation

In temperate climes fruits grow to greater perfection than in a cold climate; cultivation is also more easy, from whence it may be inferred that agriculture became first an art in temperate climates. Scarcity of food called forth the ingenious powers of man to assist Nature, and necessity, the mother of invention, suggested agriculture. Fruit that grew spontaneously becoming scarce by consumption, it was an obvious thought to cultivate it by art; and Nature, the best and most reliable guide, directed these early agriculturists that the work of propagation was carried on by seeds that dropped from plants in their maturity. The land being then held in common, the seeds were sown in common, and the harvest stored up in a repository to be retailed out to individuals in want. This common possession was, however, no spur to industry, and the indolent, oftentimes comprising a very large percentage of every community, though the least deserving, were thus the greatest consumers of the common stock. To remedy this, an improvement was suggested that every family should rear a stock for themselves; by this politic regulation men were taught to rely on their own exertions for their daily sustenance. And even so late as the time of Diodorus Siculus, who flourished about 750 B.C., we are informed that the Celtiberians divided their land annually among individuals, to be laboured for the general public, and that the product was stored up and distributed from time to time among the necessitous.

The culture of corn was practised in the earliest ages in Greece, and forms no inconsiderable part of its fabulous history; in Egypt, also, the culture of corn must have been coeval with its inhabitants; and unless corn had been known to the ancient monarchies of Babylon and Assyria, these nations could not have attained the strength which they are reported to have possessed. Where corn and fruits grew to perfection by the assistance rendered by man, it is probable that animals were never thought of as being fit for food; and the shepherd state may have originated with the inhabitants of such places by their adopting a kid or a lamb taken alive and tamed for amusement.

Countries similar to Tartary, which is but one continued mountain from west to east, rising high above the countries to the south, and declining gradually to the Northern Ocean without a single hill to intercept the bitter blasts of the north, are unable to nourish, save in a few spots, a tree above the size of a shrub. In such a climate there is no possibility for men to practise their desires with respect to food; hence they are driven to two conditions, the hunter and the shepherd states, for there they can never become husbandmen. Animals are therefore the only means available, or at all likely to furnish them with support; and as animals become shy when often hunted, Nature has contrived that men should bear cheerfully the fatigues of hunting and the uncertainty of capture, by endowing them with an appetite for hunting. Once hunters, men will always be hunters, till they be forced out of that position by some overpowering cause. Hunger is of all causes the most overpowering, and this cause, overcoming idleness and indolence, has introduced manufactures, arts and commerce, by which men may obtain the fruits and produce of other lands, and by exchanging their own goods for those of others, men are reciprocally united in bonds of brotherhood.

Deprived of his natural food-fruits and vegetables, and considering existence before the simple question of what he

preferred, man was compelled to devour the most loathsome worms, reptiles, and animals, or else to succumb to the effects of starvation. Existence is dear to every man, and choice no longer his prerogative, he adapted himself to these fearful extremes, and to satisfy hunger partook of the flesh of carnivorous animals, and the bones found show that in this painful condition he had even split open the bones for the marrow. Acquiring early the use of fire, he soon learned the method of preparing his food with it to make these pernicious articles of food savoury and attractive. This process of cooking and stewing has been carried to that extent that it has been denominated an art, and the cook, who formerly held a very disreputable position in a well-ordered household, is now promoted to the chief situation and held to be indispensable. To pervert the appetite and to cause a relish for these unnatural compounds, we have sauces, pickles and condiments; yet in reality the system, with all those inducements, rebels against these barbaric practices and demands reconciliation. Thus the modern kitchen, with its introductions and innovations, has perverted the appetite of man, bred injurious customs, and brought into use articles of food which without its aid would never have been admitted to the table of the enlightened; and by its aid alone is animal flesh rendered palatable.

If fruits and vegetables were in man's original state his only food, and if he has only adapted himself to them, then we may fairly conclude that a return to fruits would be productive of the greatest happiness to him. But in reality such a position can only be assumed after a thorough and practical acquaintance with the influences possessed and exercised by foods in general, and the constituent qualities which inhere in them.

But there are many persons who, while admitting the fact that man originally lived upon fruits, seem to incline to the opinion that the long period of time which men have partaken of animal food renders it now a necessity; the same might be said with respect to the baneful practice of drinking beer and spirits; and we might conclude that because alcoholic drinks have obtained so long a place in our list of refreshments, they are necessary for the maintenance of health. If such paltry excuses as those are to be urged against well-known laws, of what use is the superiority of the powers with which we are endowed? Surely none. Such conclusions, however, will not bear the clear light of reason, or else there would be ground for the perpetration of the most grievous sins and the indulgence of every inordinate desire. The noble examples set by thousands of our fellow-men are testimony against all such pleas, the product only of base minds, who seek gratification under every available pretence. Let us seek to know the purposes of life, and live them thoroughly and conscientiously; then, and then only, shall we attain to the true end of our being.

But to prove conclusively that the best and most natural food for man is fruit and vegetables, it is necessary that we examine the nature of man, and compare him with the constitution of animals whose instincts and desires teach us that their food is regulated according to certain well-known and recognised anatomical and physiological laws; for every animal has its appropriate food, and that food is chosen in accordance with the physical structure. It is here that we shall receive the benefit conferred upon us by comparative anatomy, which will

help us in coming to scientific conclusions with the facts acquired. Our next step must be an inquiry into the value of foods, the electrical vitality of foods, their essential qualities, and practical value: to trace the influence of food upon character and development; to review the process of digestion, and to seek to comprehend the fundamental principles which obtain in the human economy.

Having sketched in faint outline the origin and progress of man, and pointed out by way of introduction a journey of research, we have but to solicit from our readers a fair and impartial hearing of the evidence to be adduced on both sides. Many have realised the importance of radical reform in these respects, but the immensity of the subject, the thoroughness of the needed change, and the want of popularity attached to the reform, have deterred them from entering upon the task. But life, its duties, and their relation to truth, are things too precious to be overlooked, even though they enter the domestic circle and forbid the practice of favourite habits and enjoyments. The days of red tape and routine are passed, we are told; in the same way the days when convenience and custom held sway, subjecting the mind to their iron will, are gone, and facts bearing testimony against the innovations, corruptions, and perverted desires of a misinformed age will yet introduce the glories of an emancipated nature; and the beauties of primitive simplicity and happiness dawning upon the miseries and sufferings of the present will sweeten every cup, and drive from earth those hellish fiends which have bound men to their passions and prevented their participation in the blessings of an all-wise Creator.

(To be continued.)

THE SALE OF FOOD ACT.

THE Local Government Board are taking measures to obtain more uniformity in the quarterly reports forwarded to them by public analysts, under section 19 of the Sale of Food and Drugs Act, 1875. It appears that in some of the reports forwarded to the Board, it is found that analysts have given certain details of analyses made, but have omitted to state which samples are, in their opinion, to be adopted as genuine and which as adulterated, and the Board are desirous that the quarterly reports should be made to show:—1. The description of articles submitted for analysis. 2. Whether or not the sample was submitted to the analyst by an officer acting under the direction of a local authority, under section 12 of the Act; and 3. Whether the sample was genuine or adulterated, and if adulterated, what were the nature and extent of the adulterations, etc., and the Board state that they would be glad if this information were in future given with regard to each sample analysed.

THE ADULTERATED FLOUR CASE.

ON the 20th ult., Mr. B. Denkers Bühler and Mr. Carl Steitz attended before the Lord Mayor, at the Mansion House, upon a summons, at the instance of Mr. Louis Charles Alexander, of 34, Lombard-street, charging them with conspiring together to obtain, and with obtaining, a sum of £27 14s. 6d. by false pretences, and with intent to defraud.

Mr. Alexander deposed that in December last he was acting as secretary to the Anglo-Belgian Bank, at 84, Lombard-street, of which he was now the official liquidator. On December 10, the defendant Steitz came to him, bringing a letter from Bühler, and wanted an advance of £60 or £80 on a quantity of meal. A gentleman present asked him why it was described as 'meal.' He replied that it was owing to an imperfect knowledge of the English language by the importers, and that it was the same thing as flour, the German word 'mehl' standing for both. Witness said he would get

him the money, subject to obtaining an opinion as to the flour, and the payment of a small commission. He then made him an advance of £27 14s. 6d. upon the 'flour,' and he did so believing that it was really flour. A few days later, the defendant called, and proposed to have the flour sold, that witness might at once realise it, instead of waiting for the maturity of the loan, and thus reimburse himself. Witness, upon that, gave a sample to a Mr. Blacker, and he subsequently gave him an order for a sack in favour of Mr. J. E. Gaudais, a baker, at 12, Dean-street, Soho, in order that he might make an order for the whole. That was some time between the 15th and 20th of December. Mr. Blacker, later, brought him a paper bag, containing a part of the 'dough' resulting from the flour, which he produced. Witness then, for the first time, suspected that the meal was spurious and adulterated, and he communicated with Dr. Saunders, in his public capacity, and gave him two samples and a sampling order. He received a report from Dr. Saunders, stating that there was not a particle of any description of flour or meal in the substance, and that the use of it as food either for man or animals was dangerous to health and life in the highest degree. For that opinion he had to pay Dr. Saunders a fee of five guineas. With the exception of that one sack, the flour had been under his entire control, and had not been disposed of or touched. On January 2, he called on the defendant Bühler and had a conversation with him, and on January 18 the defendant Steitz went to witness's house at Putney and offered him the £30 back again, but he declined.

The Lord Mayor then adjourned the hearing.

On Thursday, 23rd ult., the case was resumed, when Mr. Salvatore Arnati, a member of the firm of Messrs. Arnati and Harrison, of 11 and 12, Great Tower-street, deposed that they were the agents in London of the Belgian steamer *Baron Osy*. He produced a bill of lading, dated August 23 last, relating to 100 bags of wheat-meal, consigned to Messrs. N. Jackson and Co., 4, Love-lane, Eastcheap. The bill was now endorsed by Messrs. Jackson and Co., and there was an order signed by Mr. R. D. Bühler, of 64, Hop Exchange, to deliver the goods to Mr. M. B. Tate. If goods were not claimed on their arrival they landed and warehoused them at Custom House Quay. The goods in question were so landed, and were described in the Custom House books, as on the bill of lading, as wheat-meal.

Dr. William Sedgwick Saunders, medical officer of health and public analyst for the City of London, said he received a sampling order from the prosecutor, Mr. Alexander, on December 30 or 31, and Inspector Payne brought him a sealed sample, which he analysed on the 1st inst. The sample analysed yielded an ash of 78 per cent. and more of basic lime, and the remainder of the bulk was sulphuric acid and water. He applied another test, and found that the material consisted of sulphate of lime mixed with certain earthy impurities of no very definite character. There was no flour, farina, or organic matter whatever, and nothing which could possibly be described as meal. He then tested it with pure chloroform, which has no action upon mineral substances, all of which sink at once to the bottom when put into solution. The material sank through the chloroform and left the fluid perfectly clear. He had tested it microscopically, which gave the crystalline form of pure sulphate of lime, mixed with a small portion of granular matter. He had obtained some ordinary plaster of Paris, repeated his experiments on it, and got the same results as from the so-called 'flour.' Replying to Mr. Straight, he said there was no appearance about the substance of flour or meal of any sort or in the slightest degree. He tasted it and it was very gritty. The touch of it with the finger would almost determine that it was a mineral and not organic matter. It was impossible for bread to be made out of it without admixture. In his opinion, if one-fifth of it was mixed with four-fifths of flour it might be made into loaves, but it would not be eatable, and it would be an adulterated article.—The case was then adjourned until Monday, 27th ult.

On Monday last Mr. Bernard Dunkels Bühler and Mr. Carl Steitz, attended before Mr. Alderman Staples, in discharge of their bail, upon an adjourned summons, charging them with conspiring together to obtain, and with obtaining, £30 by false pretences, in respect of a certain substance said to be 'meal' or flour, but which in reality was nothing but plaster-of-Paris or china clay.—There was no further evidence adduced, the case being adjourned, by the consent of all parties, until Wednesday, February 5.

DEVIL.

'The devil entangles youth with beauty, the miser with gold, the proud and ambitious with titles and power, the learned by false doctrine.'

'The devil presents before us many vain delights, to the intent he might, the better keep our minds from godly meditation.'

WORDS OF CHEER.

WE have received numerous letters of approval and encouragement from readers of our first number. Some valuable suggestions, too, have been made which will engage our attention.

One of the warmest friends of the improved dwellings movement, a gentleman who has largely devoted both time and money in its promotion, writes—

'I have your first number of *House and Home*, and I wish every success to your labour. Your publication comes out most opportunely.'

Another gentleman writes—

'Your No. 1. is so hard, and its get-up and contents are equally creditable to your taste and judgment.'

A third writes—

'A more useful paper I never saw; it does great credit to everyone connected with it. Please send me 50 copies each of Nos. 1, 2, and 3, and I will send them out to Free Libraries.'

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the news-venders', and at the railway book-stalls.

BILLY'S ROSE.

[The following pathetic poem is reproduced from an American paper. The sufferings of the children of the poor are touchingly set forth in it. In thousands of instances children are born, live, and die in a wretched alley, or court, which *literally* they never leave until their spirits enter the 'great big playgrounds up above,' and their little bodies are laid in the pauper's grave.]

BILLY's dead, and gone to glory—so is Billy's sister Nell;
There's a tale I know about them were I poet I would tell;
Soft it comes, with perfume laden, like a breath of country air
Wafted down the filthy alley, bringing fragrant odours there.

In that vile and filthy alley, long ago, one winter's day,
Dying quick of want and fever, hapless, patient Billy lay;
While beside him sat his sister, in the garret's dismal gloom,
Cheering with her gentle presence Billy's pathway to the tomb.

Many a tale of elf and fairy did she tell the dying child,
Till his eyes lost half their anguish, and her worn, wan features smiled;
Tales herself had heard haphazard, caught amid the Babel roar,
Lisp'd about by tiny gossips playing at their mother's door.

Then she felt his wasted fingers tighten feebly as she told
How beyond this dismal alley lay a land of shining gold,
Where, when all the pain was over—where, when all the tears were
shed—

He would be a white-frocked angel, with a gold thing on his head.

Then she told some garbled story of a kind-eyed Saviour's love,
How He'd built for little children great big playgrounds up above,
Where they sang, and played at hop-scotch and at horses all the day,
And where beadles and policemen never frightened them away.

This was Nell's idea of heaven—just a bit of what she'd heard,
With a little bit invented and a little bit inferred;
But her brother lay and listened, and he seemed to understand,
For he closed his eyes and murmured he could see the Promised Land.

'Yes,' he whispered, 'I can see it—I can see it, sister Nell;
Oh, the children look so happy, and they're all so strong and well;
I can see them there with Jesus—He is playing with them, too!
Let us run away and join them, if there's room for me and you.'

She was eight, this little maiden, and her life had all been spent
In the garret and the alley, where they starved to pay the rent;
Where a drunken father's curses and a drunken mother's blows,
Drove her forth into the gutter from the day's dawn to its close.

But she knew enough, this outcast, just to tell the sinking boy,
'You must die before you're able all these blessings to enjoy.
You must die,' she whispered, 'Billy, and I am not even ill!
But I'll come to you, dear brother—yes, I promise that I will.

'You are dying, little brother—you are dying, oh, so fast;
I heard father say to mother that he knew you couldn't last.
They will put you in a coffin, then you'll wake and be up there,
While I'm left alone to suffer, in this garret bleak and bare.'

'Yes, I know it,' answered Billy. 'Ah, but sister, I don't mind,
Gentle Jesus will not beat me: He's not cruel or unkind.
But I can't help thinking, Nellie, I should like to take away
Something, sister, that you gave me, I might look at every day.

'In the summer you remember how the mission took us out
To a great green lovely meadow, where we played and ran about.
And the van that took us halted by a sweet white patch of land,
Where the fine red blossoms grew, dear, half as big as mother's hand.

'Nell, I asked the good, kind teacher, what they call such flowers as
those,
And he told me, I remember, that the pretty name was rose.
I have never seen them since, dear—how I wish that I had one!
Just to keep and think of you, Nell, when I'm up beyond the sun.'

Not a word said little Nellie; but at night, when Billy slept,
On she flung her scanty garments, and then down the stairs she crept,
Through the silent streets of London she ran nimbly as a fawn,
Running on and running ever till the night had changed to dawn.

When the foggy sun had risen, and the mist had cleared away,
All around her, wrapp'd in snowdrift, there the open country lay!
She was tired, her limbs were frozen, and the roads had cut her feet,
But there came no flowery gardens her keen hungry eyes to greet.

She had traced the road by asking—she had learnt the way to go;
She had found the famous meadow; it was wrapped in cruel snow;
Not a buttercup or daisy, not a single verdant blade,
Showed its head above its prison. Then she knelt her down and
prayed.

With her eyes upcast to heaven, down she sank upon the ground,
And she prayed to God to tell her where the roses might be found.
Then the cold blast numbed her senses, and her sight grew strangely
dim,

And a sudden, awful tremor seemed to rack her every limb.

'Oh, a rose!' she moaned, 'good Jesus—just a rose to take to Bill!
And as she prayed a chariot came thundering down the hill,
And a lady sat there, toying with a red rose, rare and sweet:
As she paused she flung it from her, and it fell at Nellie's feet.

Just a word her lord had spoken caused her ladyship to fret,
And the rose had been his present, so she flung it in a pet;
But the poor half-blinded Nellie thought it fallen from the skies,
And she murmured, 'Thank you, Jesus!' as she clasped the dainty prize.

Lo! that night from out the alley did a child's soul pass away;
From dirt and sin and misery to where God's children play.
Lo! that night a wild, fierce snowstorm burst in fury o'er the land,
And at morn they found Nell frozen, with the red rose in her hand.

Billy's dead, and gone to glory—so is Billy's sister Nell;
Am I bold to say this happened in the land where angels dwell?
That the children met in heaven, after all their earthly woes,
And that Nellie kissed her brother, and said 'Billy, here's your rose!'

DEATH IN THE SNOW.

A SAD case of death from exposure was investigated at Kildgrove on the 21st ult., an inquest being held on the body of Mary Cooper, a little girl, aged ten years. Evidence was given to show that she started for the Sunday school as usual on Sunday morning, but did not return. A search was instituted, which resulted in her being discovered on Monday morning buried in a snow-drift. The jury returned a verdict of 'Death from misadventure.'

CURRENT OPINIONS AND EVENTS.

LORD DERBY might have extended the application of his remarks upon British investors in foreign loans, quoted by us last week, to shareholders in Joint Stock Enterprise at home. John Bull is as freely bled by 'promoters' as he is by 'financial agents,' and from the manner in which he neglects his own interests it might be inferred that he enjoys the process.

The question of the management of Public Companies is one of great importance. Recently the *Examiner* touched a weak point in its article upon dummy directors. We cordially endorse the views expressed, and make the following extract for the benefit of our readers:

'We fear that in too many instances shareholders are to blame for their laxity of supervision. Things are allowed to go on from year to year as a matter of course; directors are looked upon as impeccable beings; and, so long as a plausible balance-sheet is presented, and a good dividend declared, the partners are little disposed to inquire whether their profits are honestly earned or are paid out of capital. We speak from experience when we say that there is no more useful member of society than the captious and cantankerous shareholder. The man who questions everything, and is looked upon as a nuisance at the half yearly meeting, is, in reality, a model shareholder; and if there were more like him we should hear less of dishonest directors. Nothing is so vicious as a system of routine which is carried on from year to year, until, some fine morning, startling disclosures appear in the papers, and the old process is gone through of shutting the stable-door after the horse has departed. We have known this to happen more than once within a great banking establishment, and the same thing occurs in its relations with the public. Shareholders should look after their own interests more attentively than they do at present; and, above all, they should be particularly careful as to the composition of their directorate. It should never be forgotten that fraudulent directors could scarcely exist were it not for the presence in their midst of dummy directors, who are practically as culpable as the actual thieves. It is stated, and, we believe, on undoubted authority, that, a short time prior to the stoppage of the City of Glasgow Bank, one of the directors suggested at a board meeting that the stock of bullion held by the bank against notes in circulation should be counted and verified. This was the act of a dummy director, awakening to a sense of the responsibilities of his position. The suggestion was met, however, by the chairman with an outburst of indignation. He characterised it as nothing short of an insult to their manager, who was then present, and in whose probity, he said, all had reason to have the utmost faith. So deeply aggrieved did he personally feel at the proposition, that he found he could not continue in the position he occupied unless the offending member of the board tendered at once a most humble apology. The wretched dummy, of course, caved in, and no doubt felt that he had committed a grave error in making such a proposition.

'In this little anecdote we have the root of all the evil. A bank is founded, and one or two shrewd men of business get upon the board of direction, the rest being titled nonentities, or men whose only recommendation is the length of their purse. Then a clever manager is found to work the concern, and the whole affair soon resolves itself into a benefit society for the manager and his friends. Personal government established, the manager and the two or three active and unscrupulous directors issue their decrees, which are endorsed by their dummy colleagues, and appear as the acts of a united board. . . . And so things go on, until at last, growing reckless with long impunity, the whole of the capital and deposits are swallowed up, and the poor dummies find themselves placed in the dock along with the unscrupulous knaves who have played upon their ignorance. Whatever pity we may feel for the dummy director in such a position must always be tempered with the reflection that his disgrace is not undeserved. He suffers for his presumption in meddling with matters which he does not understand, and for occupying a post for which he is unfitted; and this, in itself, is a species of dishonesty for which punishment is due. When dummy directors cease to exist, fraudulent directors will find it hard to ply their trade. Shareholders should bear this in mind, and should insist on those persons only being appointed to look after their interests who are competent to fulfil the task.'

But there are directors *and* directors, as the varying prosperity of public companies would lead one to suppose. It is refreshing to get a glimpse at the management of a concern where the directors really *direct* the business. Such an oppor-

tunity was presented at the recent meeting of the London Joint Stock Bank, when its chairman, Mr. WILLIAM BIRD, stated that:

'He attributed much of the progress of the bank to the originators of the institution making bye-laws with great secrecy, and he thought it would not be amiss if he referred to some of these bye-laws. In the first place, they changed their chairman every week, and directed him being in his own deputy-chairman one week and chairman the next. During that fortnight a chairman had an opportunity of seeing the whole organisation and mechanism of the bank, long present every day. Not a loan could be effected, or a bill discounted, without the application of these two parties. The chairman was in constant communication with the manager, and there was not a single particle of business done by the bank that he ought not to be cognisant of. This turn happened generally about three times in a year, and exceptionally four times, and, therefore, a chairman had no excuse whatever to say that he was a renegade. *He thought that much of the success of the bank was due to having, instead of two pair of eyes, sixteen pair of eyes.* Next, by ballot, they formed themselves into committees, and the most important committee of the bank was to investigate, scrutinise, and see rigidly into the securities, and into the bills that were given to them as covers for their acceptances, the committee reporting to the board every fortnight that the bills on cover were indisputably good. The next committee—one that had frequently been noticed in the public prints—was a committee on audit. The audit was a continuous one, and it lasted from six to seven months in the year. The audit consisted of opening the many thousands of parcels that they had, both as securities and held for other parties, reckoning every document and *reckoning it through the proper books.* There was not in the bank a bill, a security, or a single scrap of paper, he might say, which was not investigated and *marked off in the books,* and the report of the audit committee noticed every discount, every loan, and every, in point of fact, business of the bank. The directors who formed that audit committee were gentlemen who held a very large amount in the bank.'

With such management it is not surprising to find that nearly £2,100,000 has been divided in eight years amongst the shareholders of the bank in the form of dividend. Might not the working classes imitate with advantage in their small societies the example set them by the Joint Stock Bank? If they did, we should hear of fewer absconding secretaries and officials.

The following statement was made by Mr. Carter, a member of a deputation from St. Luke's to the Metropolitan Board of Works, at a recent meeting:

'A body of the inhabitants, accompanied by Mr. M'Cullagh Torrens, M.P., had made a tour through the parish, and in many parts the overcrowding had been found to be of a most appalling and heartrending character. In one very small room they came upon a man and his wife, a grown-up son and daughter, and three children, huddled together. In another, living in a small room at the top of a house in Bell Alley, were a man, a woman, and seven children; and in a den, 9 feet by 11 feet, were living a man, his wife, and five children, whilst one child was lying dead on a board.'

Speaking at a social meeting in connection with the City of London Temperance Union the other day, Mr. SAMUEL MORLEY, M.P., said:

'To those who deprecated total abstinence, he would say that it was rather their duty to point out some better means of removing that which, he was prepared to say, and had said hundreds of times, had proved a source of danger to so many thousands, and had increased the rates and swelled the expenses of reformatories and prisons. As a financial question, therefore—and it was the very lowest ground that could be taken—it was worth while to try to do something to stimulate the people to get rid of this tyranny—for such he called it. He did not approve of the use of harsh language towards those who could not agree with them, but rather that they should be won over by being shown the advantages of temperance, among which he cited that of many a working man possessing a freehold cottage, purchased by the money which he had absolutely saved by keeping outside the public-house. Such men were doubly men from their position of independence, to say nothing of the improved condition of their homes and the comfort of their wives and families.'

PATRONS, BOOKSELLERS, AND AUTHORS.

At one time authors were almost entirely dependent upon patrons both for the success of their works and for the means of living. But the bookseller gradually displaced the patron, and authors have been, and still are, very much indebted to the former. This change was for the benefit of author and reader, and has done much in promoting the development of literature as a profession. Now, however, certain authors declare their independence of the bookseller rather than submit to the large commissions charged by him. In our advertising columns will be found particulars of the works so published by Professor Ruskin and Dr. F. R. Lees.

Professor Ruskin states his position as follows:—

‘The series, of which this volume forms a part, will contain all that I think useful of my former writings, so joined to my present work as to form a consistent course of teaching. I do not mean by “consistent” that the process or arrangement of it will be on any regular system, but that I will not, so far as I can help, say the same thing oftener than is necessary to gain attention for it; and that I will indicate the connection of each subject with the rest, as it, indeed, existed in my mind always, though I have been forced by mischance to write copiously sometimes on matters about which I cared little, and sparingly of what was, indeed, much in my thoughts.

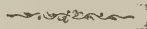
‘The volumes will each contain, on the average, two hundred pages of text; and those which are illustrated never more than twenty-one plates, rarely so many.

‘They will all be clearly printed and well bound; and I intend the price asked for them by the retail bookseller to be twenty shillings for those without plates, and thirty for the illustrated volumes, of which, however, I fear there cannot be many. I find the trouble and difficulty of revising text and preparing plates much greater than I expected.

‘Some will be worth a little less than others; but I want to keep my business simple, and I do not care that anybody should read my books who grudges me a doctor’s fee per volume.

‘Also I find, in the present state of trade, that when the retail price is printed on books, all sorts of commissions and abatements take place, to the discredit of the author, and I am convinced, in the end, to every one else’s disadvantage. I mean, therefore, to sell my own books at a price from which there shall be no abatement; namely, 18s. the plain volumes, and £1 7s. 6d. the illustrated ones.

‘I hope, in time, that the system may be adopted by other authors, and that the public may gradually see its reasonableness, and pay their ten per cent. justly, and openly, to the retail bookseller. How much more than ten per cent. he takes from them at present, by concealment or equivocation, they may judge by observing the eagerness of his endeavour to hinder the sale of these books on the terms conceded to him.’



THE RUSKIN SOCIETY.

THE first general meeting of the recently-formed Ruskin Society was held in the library room of the Trevelyan Hotel, in this city, Mr. R. Bailey Walker in the chair. Among the letters received from gentlemen unable to be present was one from the Rev. S. Farrington, who wrote:—‘For 20 years, and more, I have read, with an increasing appreciation, the writings of Mr. Ruskin. To no living man am I so consciously indebted. *He is undoubtedly the greatest of English prophets*; indeed, too great, too advanced morally, too high in spiritual development and discernment for appreciation by the ordinary England of to-day. By the coming centuries must the world measure him. He is set in the low present to strengthen and to purify the manliness, the moral confidence and endeavour of generations yet to come—to be one of the immortal lights and leaders of the people.’—The chairman gave an address on the aims of the society, which are ‘to promote the study and circulation of Mr. Ruskin’s writings, to exemplify his teachings, and to aid his practical efforts for social improvement,’ and a discussion followed.

HYGIENE APPLIED TO DWELLINGS.

From a Paper read before the Manchester Architectural Association on 17th December, 1878.

By B. H. THWAITE.

(Continued from page 11.)

WARMING.

It is astonishing, considering the attention paid to fireplaces and smoke consumption by Dr. Franklin and Count Rumford, that no general improvement is manifest in the construction of fireplaces and chimney flues.

The point that should be aimed at in the construction of a fireplace is, that it shall radiate its heat as nearly as possible uniformly throughout the room. The law of reflection of heat and light is the same, viz., the angle of incidence is equal to the angle of reflection, and as radii originating from the focus of a parabola, and, falling on its sides, are reflected back parallel to its axis. Therefore, the plan of fireback must be in that form, though when the fulback is coated with soot, there is very little heat radiation. Heat decreases as the square of the distance, so the fire must be projected into the room as far as practicable. There is one advantage, having the heat concentrated at one point: it promotes currents.

The fire should be supplied with air by a separate flue from the outside and passing under the flooring alongside cross walls. It would prevent the fire from its low position abstracting the pure oxygen from the room, and prevent draughts from under the door, which chill the feet to a disagreeable and sometimes dangerous extent. Doorways should never be placed on the same side as the fireplace, as when the door is suddenly opened, the cold air rushing in and whisking across the fireplace will extract the smoke from the flue into the room. Twenty-four superficial inches chimney flue area is ample for an ordinary dwelling; large chimneys promote the formation of smoke, the air not being sufficiently heated to burn the carbon. The chimney flue should be carried higher than the ridge, because of the influence the direction of the outside currents has upon the draught of the chimney. Chimney pots should be so designed as to assist the chimney draught, making the wind currents subordinate to that purpose, and also preventing down draughts and the entrance of rain.

The fire grate made by Barnard, Bishop, and Barnards, of Norwich, is a good form.

WATER.

When the water supply is constant, service cisterns are not required, but with an intermittent supply cisterns are necessary. Lead is commonly used for cisterns and for water-distributing pipes, a material not at all adapted from a sanitary point of view. The result of the contact of water with lead is the formation of a crust composed of two parts of lead carbonates and one part of hydrated oxide. The crust scaling off the pipes pollutes the water to such a degree as to utterly spoil it for potable purposes.

The material best adapted for cisterns is slate, enamelled inside, or wrought iron painted with silicate paint. For pipes, wrought-iron glazed internally or lead lined with block tin may be used. The magnetic oxide processes of Messrs. Bower and Barff may eventually be used for protection of wrought-iron pipes from rust. The author has had some connection with the practical working of Mr. Bower’s process, and can testify to its success. If lead pipes, however, are used, care should be taken not to bend the lead against the grain, so as to expose the leady structure. The action of the water will be more violent at the point of exposure. The higher the purity of water, the greater the affinity for the lead.

The cisterns for potable purposes should not supply the water-closet or scullery, as there is danger of contamination by impure air from these places. Moreover, cisterns should not be placed in positions where the air is liable to contamination from any cause—as water is a great absorber of gases and organic impurities—cisterns should be well ventilated.

THE SUBSOIL SITE OF DWELLING.

It is imperative that the subsoil of the site of a dwelling should be examined as to its physical character. Boreholes should be made, and disposition and nature of strata examined and noted. For the hygienic character of the subsoil is as important as the structural character of the foundation.

All soils contain air in their interstices; the percentage varies with the

character, of course. The percentage of carb. acid is very high, and often contains carburetted hydrogen and organic substances. The air of made soils is exceedingly impure—in many instances absolutely poisonous. Soils vary in their retention, greater in proportion to their density, so that sand and coarse gravel retain the greatest and clay the least. About 25 per cent. of the rain penetrates into sand rock, 42 per cent. into chalk, and from 60 to 96 per cent. into loose sand. The remaining portion runs off, or is evaporated.

Independent of the rain there is a normal subterranean water sheet which varies in depth from three feet to a hundred or more, according to the conditions and character of soil—of course, the rainfall increases the height of the subterranean sheet, and the water rises to the surface by capillary attraction. The hygienic character of the subsoil of the site is also influenced by the dip or inclination of the strata, as the rain may penetrate the surface at some distance from the site to the clay strata and pass in a horizontal direction according to the fall of strata, and so the water runs under the site.

For a sub-soil to be considered hygienically satisfactory as a site, the sub-soil water should be at least five feet below the foundation. The only way to effect this desired result is by drainage. The number of drain-pipes required will, of course, vary with the character of the sub-soil, that is, in proportion to its density. Clay will require many drains, sand and loose gravel very few. The drains should not enter the private communicating sewer direct, but should have a common outlet with a free communication to the air.

It is very beneficial to have a grass plat round the walls of a dwelling when possible, which will prevent to a large extent the pollution of the soil. Organic refuse passes into nitrates, ammonia, hydrocarbons, etc., and in these forms is rapidly absorbed by vegetation. If the sub-soil water is high, the air will be saturated with moisture, besides other impurities, as the moisture absorbs deleterious gases with avidity, and the poisonous moist air will be sucked up by the heated dwelling. To prevent this, a layer of some impermeable material is necessary, such as concrete six inches thick, the surface covered with asphalt and extending over all the area of building and some distance beyond, say two feet past external walls; and if the dwelling has a basement, it should have areas all round the walls, with concrete or asphalted surfaces, so as to prevent the unhealthy influence of adjoining undrained sub-soils. The area should have a drain to carry away any surface water. The floor-boards of ground floor or basement should be at least a foot above the concrete surface, and the space should be ventilated, which will prevent dry rot decay of the timbers.

To prevent the sub-soil water from rising by capillary attraction into the walls, they should have an impervious course laid under the floor-boards. The materials best adapted for this purpose are slate, asphalt, slag bricks, or other vitrified material. Stiff & Sons' damp proof course is hollow, and is suitable for ventilating the space between concrete and floor-boards. As it is nearly impossible to completely extract the water from clay soils, the dampness, and consequent coldness should prevent the construction of basements and cellars on them.



CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

AGRICULTURAL LABOURERS' DWELLINGS.

TO THE EDITOR OF 'HOUSE AND HOME.'

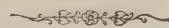
SIR—

Perhaps it may not be altogether without some good result to call attention through your medium to a very great amount of suffering that takes place amongst the agricultural labourers in many villages, owing to there being no fireplaces in their bedrooms. My firm belief is (and it has been painfully confirmed this severe winter), that in many cases the death of those who are lying on a sick bed is hastened on, if not actually caused, by the severe cold or damp, which a small fire (if there were but a fireplace and chimney) would remedy. I

am aware that in the erection of new cottages this evil is generally provided against by a fireplace being built in at least one bedroom, but in the great number of old dwellings now standing, and likely to be inhabited for years to come, could not the landlords be made to do something, by the force of public opinion or by Act of Parliament, for the improvement of labourers' dwellings? Gentle remonstrance would in too many cases be useless, for my experience is that many landlords pooh-pooh the assertion of these sufferings, and exhibit a heartless indifference to any pleadings for the barest comforts of those who are utterly helpless in pressing their grievances, at any rate in villages where the entire property belongs to one individual. I feel sure that in inserting this letter you will be forwarding in some way those philanthropic, humane principles which your columns are so forward in promoting, and for which I for one am truly grateful.

W. P. L. HAND,

Vicar of Taynton-cum-Barrington.



THE ARTIZANS' DWELLINGS SCHEMES.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

I find, on inquiry, that the above schemes are authorised by the Home Secretary upon the areas being proved to be unhealthy and unfit for human habitation. It seems to me strange that the inhabitants of these unhealthy spots should be kept in or allowed to remain in them a day longer than it is absolutely necessary to ascertain what sum they should receive as compensation for loss of their businesses or removal expenses to some healthier neighbourhood. These areas having been advertised in the newspapers as being the most unhealthy in the neighbourhood, abounding in disease, naturally keeps nearly all the customers away who used to come there. In the first place, after the schemes have been authorised, the local authorities serve notice to treat on the freeholders and leaseholders, which takes between two and three months, instead of coming to terms with the occupiers and paying them out. Then all those who have not been settled with send their claims to the arbitrator, which takes a further two months before his provisional awards are made. Then we have the appeals against the provisional awards, which takes another two months (sometimes much longer), before the final awards are made. The occupiers wait patiently till this time, although breathing pollution, and with hardly any business left, thinking when the final awards are made they can give up possession and take the very inadequate compensation awarded for being turned out of their only means of an honest livelihood; but it is not so; the local authorities seem to think that they should remain in these unhealthy houses for another five or six months to protect them (although these houses are about to be pulled down), while they settle with the freeholders and leaseholders, who appeal to a jury, instead of paying them out, as they ought to do. This makes it about two or three years from the beginning to the finish. Why should not the local authorities pay the occupiers out as they find other places to remove to? Is this Act meant for the benefit of the poor occupiers? Can this sort of injustice and hardship be going on in the heart of the most civilised city in the world, and no remedy be found for it? Trusting you will find a space for this letter in your journal,

I remain, sir,

Your humble and obedient servant,

ONE WHOSE HOUSE IS REQUIRED.

London, Jan. 25th.

[The question raised by this letter—the administration of the Artizans' Dwellings Acts—is one of increasing importance. We hope to deal with it next week.—ED.]

DIARY.

'Keep a diary of all thy considerable actions, and of the most remarkable passages thou hearest and meetest with.'

DETRACTION.

'Treat a detractor with contempt, and so thou shalt force spite to drink off his own poison.'

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have: neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge*.

I LOOK upon those pitiful concretions of lime and clay which spring up in mildewed forwardness, out of the kneaded fields about our capital—upon those thin, tottering, foundationless shells of splintered wood and imitated stone, upon those gloomy rows of formalised minuteness, alike without difference and without fellowship, as solitary as similar—not merely with the careless disgust of an offended eye, not merely with sorrow for a desecrated landscape, but with a painful foreboding that the roots of our national greatness must be deeply cankered when they are thus loosely struck in their native ground. —*Kuskin*.

There are crowds of persons always following and treading in the steps of others, never examining whether they be right or wrong; so that custom and an erroneous education have almost banished reason from the earth. —*Turkish Spy*.

Since the force of habit and custom doth bind and tyrannise over the body and mind, let men by all means endeavour to choose and obtain habits and customs that are good and pleasant. —*Lord Bacon*.

A certain Cham of Tartary, dwelling with his nobles, was met by a dervise, who cried with a loud voice, 'Whoever will give me a hundred pieces of gold, I will give him a piece of advice.' The Cham ordered him the sum, upon which the dervise said,

'Begin nothing of which thou hast not well considered the end.'

The courtiers, hearing this plain sentence, smiled, and said with a sneer, 'The dervise is well paid for his maxim.' But the king was so well pleased with the answer, that he ordered it to be written in golden letters on several parts of his palace, and engraved on all his plate. Not long after the Cham's surgeon was bribed to kill him with a poisoned lancet at the time he let him blood. One day, when the Cham's arm was bound, and the fatal lancet in the surgeon's hand, he read on the basin,

'Be in nothing of which thou hast not well considered the end.'

He immediately started, and let the lancet fall out of his hand. The Cham, observing his confusion, inquired the reason: the surgeon fell prostrate, confessed the whole affair, and was pardoned; but the conspirators were put to death. The Cham, turning to his courtiers, who had heard the advice with contempt, told them that counsel could not be too highly valued which had saved a Cham's life. —*Spectator*.

Behold vice without satire; be content with an admonition or instructive reprehension; for noble natures, and such as are capable of goodness, are railed into vice that might as easily be admonished into virtue; and we should all be so far the orators of goodness as to protect her from the power of vice, and maintain the cause of injured truth. —*Sir Thomas Brown*.

I love the man that is modestly valiant; that stirs not till he must needs, and then to purpose. —*O. Felltham*.

Make thy recreation servant to thy business, lest thou become slave to thy recreation. When thou goest up into the mountain, leave this servant in the valley; when thou goest to the city, leave him in the suburbs; and remember, the servant must not be greater than the master. —*Quarles*.

Custom can mould us into what forms she pleases, and beggars have their delights as well as the rich. —*Montaigne*.

How terrible is death to one man, which to another appears the greatest providence in nature. In all ages and conditions, it is the wish of some, the relief of many, and the end of all; it sets the slave at liberty, sends the banished man home, and places all mortals on the same level; and even life itself would become a punishment without it. —*Seneca*.

It is an exquisite and beautiful thing in our nature, that when the heart is touched and softened by some tranquil happiness or affectionate feeling, the memory of the dead comes over it most powerfully and irresistibly. It would almost seem as though our better thoughts and sympathies were charms, in virtue of which the soul is enabled to hold some vague and mysterious intercourse with the spirits of those whom we dearly loved in life. Alas! how often and how long may those patient angels hover above us, watching for the spell which is so seldom uttered, and so soon forgotten! —*Dickens*.

All men's souls are immortal, but the souls of the righteous are immortal and divine. —*Socrates*.

What springs from earth dissolves to earth again, and heaven-born things fly to their native seat. —*M. Antoninus*.

A companion that is cheerful, and free from swearing and scurrilous discourse, is worth gold. I love such mirth as does not make friends ashamed to look upon each other next morning; nor men, that cannot well bear it, to repent the money they spend when they be warmed with drink. And take this for a rule: you may pick out such times and such companions, that you may make yourself merrier for a little than a great deal of money; for 'tis the company, and not the charge, that makes the feast. —*Isaac Walton*.

He had need have a long spoon that sups kail with the de'il. —*Scotch Proverb*.

The expectations of life depend upon diligence; and the mechanic that would perfect his work, must first sharpen his tools. —*Confucius*.

He steals the thing he finds, who labours not to restore it. —*Felltham*.

The people must not think a thought towards God, but as their pastors will put it into their mouths: surely they will make sheep of us. —*J. Selden*.

The ant and the bee are, I think, much nearer man in the understanding or faculty of adapting means to proximate ends than the elephant. Plants exist in themselves, insects by or by means of themselves, men for themselves. There is growth only in plants; but there is irritability, or (a better word) instinctivity, in insects. —*Coleridge*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

M. H.—So far as we know the date of meeting is not yet fixed but it is understood that it will be held some time in March.

H. J.—Yes. By all means try. We want an active agent resident in each block of improved dwellings, not necessarily a newsvendor, but a pushing person desirous of adding to his or her income. We will supply handbills for the purpose of canvassing.

S. H. W.—The very important matter you refer to is engaging our attention, and we hope to deal with it next week.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid. Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—
Situations Vacant or Required.
Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.*

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: FEBRUARY 8th, 1879.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by the following individuals, corporations, societies and companies.*

PERSONAL.

SEVERAL of the leading associations have kindly placed at our disposal data which will enable us fully to inform our readers of their operations. It was our intention to have taken the Institutions in the order of time, giving priority to the oldest. But it has been represented to us that from our peculiar relationship to the Artizans', Labourers', and General Dwellings Company, Limited, we should at once enter upon a narration of its history, and, having regard to the condition and prospects of the Company, we act upon the suggestion. We have only to add that we hope the information conveyed, and any discussion that may arise out of it, will advance the best interests of the Company.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

As no other Company formed for the purpose of providing improved dwellings for the people has excited so much attention as the Artizans' has done, a statement detailing its origin, aim, progress, successes, and misfortunes is likely to have a peculiar interest, not only to those who are connected with it, but also to other persons interested generally in the various plans and proposals for improving the dwellings of the people.

The Company was founded, and its Memorandum of Association and Articles were registered, on the 31st of December, 1866, its promoters being chiefly working-men, whose own experience had painfully shown them the need for improved house-accommodation.

The objects for which the company was established are stated in the Memorandum of Association to be:

The purchase or acquirement from time to time of lands and hereditaments—freeholds, copyhold and leasehold—situate either within or beyond the Metropolitan District:

The erection and building thereon of dwellings for artizans and the other abouring classes, and providing all conveniences which may be deemed proper in connection with such dwellings:

Also the erection thereon (if deemed desirable to do so) of buildings to be used as schools for the children of the occupiers of such dwellings and others. Also of buildings adapted for and to be used as working men's clubs, baths, laundries or washhouses, bakehouses and ovens, warehouses, sheds and shops, to be used as stores for depositing and vending of dry and other goods, wares, merchandise and provisions, either on the co-operation principle or otherwise, and the converting and appropriating of any such land into and for roads, streets, squares, gardens, play, drying and pleasure grounds, and providing all conveniences which may be deemed proper in connection therewith:

The acquisition by purchase, lease, exchange, or otherwise, from time to time, of messuages, tenements and buildings, or of any interest therein, situate either within or beyond the Metropolitan District, and pulling down, re-erecting, improving, converting and adapting the same to be used as dwellings for artizans and the other labouring classes, and to provide all conveniences which may be deemed proper in connection with such dwellings:

The letting or sub-letting all such lands, hereditaments, dwellings, erections and buildings as shall, from time to time, be so purchased or acquired, or such parts thereof, for such terms, rents and conditions as may be deemed proper or expedient, and receiving the rents and profits thereof, or the selling, mortgaging, or otherwise disposing of the whole or any part or parts of such lands, hereditaments, dwellings, erections and buildings for such price or prices, modes of payment, or for such advances, and subject to such other conditions as may be deemed advisable or proper:

The insurance of houses, tenements and premises, of every class and description, against loss or damage by fire, storm, accident, or otherwise, and the transaction of the ordinary business of a Company for insurance against loss or damage by fire:

The manufacturing, buying and selling of bricks, brick-earth and other building materials:

The borrowing of money, the receiving of money on deposit, and the issue of transferable and other bonds, or mortgage debentures, or any other securities, founded or based upon all or any of the real or personal assets or credit of the Company:

The advancing by way of loan at interest to any person or persons or corporation on security of freehold, copyhold and leasehold lands, hereditaments and premises situate in England and Wales:

The doing of all such other things as are incidental or conducive to the attainment of the above objects.

The liability of the members is limited.

The capital of the Company is £250,000, divided into 25,000 shares of £10 each.

[By special resolution passed Oct. 8th, 1874, and confirmed Nov. 7th, 1874, the capital of the Company was increased from £250,000 to £1,000,000.]

We, the several persons whose names and addresses are subscribed, are desirous of being formed into a company, in pursuance of this Memorandum of Association, and we respectively agree to take the number of shares in the capital of the Company set opposite our respective names:—

Names, Addresses and Descriptions of Subscribers.	Number of Shares taken by each Subscriber.
JOHN SHAW LOWE, of 125, Devonshire Road, Middlesex, Commission Agent	Ten.
WILLIAM SWINDLEHURST, of 41, Guildford Place, Kennington Lane, Surrey, Engineer	Ten.
WILLIAM AUSTIN, of 15, North Street, Westminster, Middlesex, Builder and Contractor	Ten.
ROBERT UGHTRED HUNGATE, of 32, Great Saint Helens, in the City of London, Shipping and Insurance Agent	Ten.
JOHN KNOWLES, of 12, Lloyd's Row, Green Terrace, Clerkenwell, in the County of Middlesex, G. Engineer	Two.
JAMES RUFFELL, of 2, Horseferry Road, Westminster, in the County of Middlesex, Restaurant House-keeper	Ten.
AMOS RAYNOR, of 1, Adams' Buildings, Westminster, in the county of Middlesex, Excavator	Three.
Total Shares taken.....	Fifty-five.

Dated this thirty-first day of December, 1866.

* See list given in Nos. 1 and 2.

Under the Articles of Association the first manager and secretary of the company is appointed as follows :

'William Swindlehurst, of Kennington, Surrey, shall be the first manager and secretary of the company for the first three years, at a salary of not less than £150 a-year. He shall not be removed, except by two special resolutions of the company, in the manner prescribed by section 51 of "The Companies Act, 1862."'

But by special resolution, 21st of Decr., 1869, and 18th Janry., 1870, the article is amended so as to expunge the term 'three years,' and to insert in its place, 'shall be the permanent manager and secretary.'

The first Directors were :

Mr. JOHN SHAW LOWE.
Mr. R. U. HUNGATE.
Mr. CHARLES YOUNG.
Mr. J. RUFFELL.
Mr. WM. AUSTIN.

In June Mr. ROBERT AUSTIN (afterwards Architect to the Company) became a Director; and in October Mr. W. J. BENNETT joined the Board.

Of those who signed the articles, Mr. Wm. Austin was alone able to invest any considerable amount in the Company, and having great faith in the scheme, which he foresaw would be, if properly and economically worked out, not only beneficent in its results to those provided by it with decent and comfortable dwellings, but remunerative to investors, he raised £200 by mortgaging his own residence, and this sum, originally intended to be only lent to the Company, he was prevailed upon by his colleagues to invest in shares; and this he did in the name of his step-daughter, Miss Emma Emery. Instead of taking 20 fully paid up shares, he took 200, paying one pound on each, thus creating a liability of £1800. This was done in order to swell the number of shares taken up during the first year of the Company's existence.

The Company virtually beginning with working-men, they naturally adopted such plans as would secure the greatest amount of benefit to their class; and several of its promoters being co-operators they determined to apply that principle to the construction of any houses they might erect.

During the first year land was procured at Battersea, and some very convenient and substantial houses were erected upon it. In the first Annual Report presented to the shareholders at the then Offices of the Company, 147, Strand, and inserted, with a report of the meeting, in the *Reporter* of Feb. 18th, 1868, the Directors say :

'Communications are being daily received from all parts of the United Kingdom, from magistrates, employers of labour, working-men's associations, trades unions, &c., wanting the directors to establish district branches, so that the co-operative principle, as laid down in the company's prospectus, may be extended, and so that working-men in every part of the kingdom may aid and assist in working out their own social regeneration . . . There are two very great questions, employment of labour and arbitration, which the directors cannot pass over without a brief reference. The erection of new dwellings in the Battersea Park district by the company upon the co-operative principle, employing the labour of shareholders who belong to the building trades, the company providing capital and materials and the workmen labour, has created a considerable amount of anxiety, for the directors are aware that a large body of gentlemen, including noblemen, eminent statesmen, large employers of labour, as well as hundreds of others in all parts of the United Kingdom, are eagerly watching the company's operations, and some predicting that the labour question upon the co-operative principle must fail. Hitherto we must say we have succeeded, amidst difficulties of no ordinary character, in erecting good substantial dwellings, which are not only a credit to the workmen, but to the company. The

workmen, being shareholders, discover that their interests and the company's are identical, and that by doing their work well and economising materials, they are laying a foundation which must ultimately create success. The profits realised by the workmen upon their labour (above their weekly wages) will be at least 40 per cent., independent of the company's profits. The number of shares issued during the year was 504 to 146 shareholders. Upon these £1,502 has been paid, and £817 has been received as deposits. The expenses incurred in the formation of the company, including printing, stationery, advertising, meetings, rent, salaries, and commission, amounted to £453.

'The shareholders of the company in introducing new members are benefiting themselves, and aiding the board in erecting new dwellings in various districts where shareholders may reside. The company is a purely co-operative institution. The directors have no interests other than the humblest member, who, by extending its operations, is, at the same time, benefiting himself and his fellow members.'

The Chairman, MR. W. J. BENNETT, said that :

'Being a practical builder he should always devote his attention to the operations of the company. The working men by whom they were assisted had a right to point out any faults or errors they might see in the erection of the houses, and the directors would always feel the greatest pleasure in listening to them.

MR. W. SWINDLEHURST, the Secretary, stated that :

'The Right Hon. the Earl of Shaftesbury, the Earl of Lichfield, Lord Elcho, and other noblemen and gentlemen, whose names did not appear in the prospectus, had expressed their willingness to become members of the board of arbitration, and had signified their desire to assist the company, whenever their services were required. The board of arbitration was established for the purpose of settling any disputes that might arise between the employer and the employed . . . They had been fortunate in securing a respectable body of working men to carry out their building operations. Their work was well done, and indeed it was superior in many respects. Their houses were erected on the principle of co operation, and thus every one of their men felt that he had an interest in them.'

At this time the DEAN OF WESTMINSTER, was the president of the Company; The EARLS OF SHAFTESBURY, and LICHFIELD and LORD ELCHO were the arbitrators; SIR THOMAS BAZLEY, M.P., JACOB BRIGHT, ESQ., M.P., the late JOHN CHEETHAM, ESQ., and the late W. R. CALLENDER, ESQ., J.P. formed a MANCHESTER LOCAL COUNCIL; MR. W. J. BENNETT was the chairman, and MR. JOHN SHAW LOWE was the deputy chairman, of the board, and MR. MALCOLM MACLEOD was the MANCHESTER DISTRICT MANAGER.

The *Social Economist* [Manchester] of July 1st, 1868, said of the above list of patrons and officials, that :

'The names leave no manner of doubt as to the entire, secure, and wholesome character of this society. They are a guarantee for the security of its funds and the high character of its operations. It erects healthy dwellings, it erects well-built, substantial, honest houses, such as a man may feel a pride and satisfaction in living in . . . This might be called a company for giving houses to workmen.'

During the year 1868 a plot of land was secured in Salford, and by the great activity of the Manchester Manager the number of shareholders was largely increased.

A *soirée* to inaugurate the Salford operations was held at the Trevelyan Hotel, Manchester, and according to the report of it given in the *Courier* of August 4th, 1868, about 200 persons, shareholders and their wives, were present. Mr. R. D. Rusden, in the unavoidable absence of Mr. Romaine Callender, the announced chairman, presided, and he read a telegram from LORD SHAFTESBURY to the effect that his lordship would have been present, but for the letter of invitation having been mislaid. Mr. Swindlehurst was one of the speakers, and he fully described what the Company proposed to do at Salford.

There can be no doubt but that at this stage of the Company's existence the principle of co-operation was acted upon. *The Co-operator* [Manchester] of Feb. 29th, 1869, contains a report of a public meeting held at Salford, presided over by Dr. Syson, the Medical Officer of Health, and addressed by Mr. Macleod, who in the course of his speech described the operations of the company as follows:

'Having the money, they next came to how to do the work. Take the case of Salford. The shareholders were called together, and consulted as to the sort of houses they wanted, and the locality they preferred. They suggested the purchase of a certain plot of land upon which 38 houses could be built. The land was bought; but ultimately sufficient was bought for 78 houses. The shareholders were again called together to discuss the plans. Whether there should be bay-windows; whether the houses should be cellared under; whether there should be a third bedroom; and other questions of interest to the future owners were discussed and decided.

These matters being settled, plans were prepared in accordance therewith. In this way they arranged to suit the wants of all their shareholders. They did not build houses to sell, but to live in: and they employed their own shareholders to do the work. They were determined to have no bad workmanship.'

The following advertisement appeared in the Manchester papers of March 19th, 1869:

IMPROVED WORKMEN'S DWELLINGS
are now being erected in Phebe-street, Regent-road, Salford, by the Artizans', Labourers', and General Dwellings Company, Limited. No rent is charged. Shareholders purchase by weekly payments. Dwellings will shortly be erected in other localities. Further information from Mr. MACLEOD, 19, Old Corn Exchange, Hanging Ditch. Landowners invited to OFFER PLOTS, suitable for Hulme, Ardwick, Pendleton, and other shareholders (*sic*).

The seventy-eight houses built at Salford are remarkable for their good workmanship and excellent sanitary arrangements. To the latter Dr. Syson, Medical Officer of Health, again and again testified, while their present condition is a sufficient evidence of the former. They were erected under the supervision of Mr. Thomas Kelsall, who has a great horror of 'jerry-buildings,' and the property has been, and still is, under his care and management. The good things promised in the above advertisement and in the prospectus issued, produced their effect; and it is not to be wondered at that the Manchester agency was successful in enrolling hundreds of working-men as shareholders; but it is a matter of regret that a very large proportion of the humbler shareholders have had their shares forfeited on account of the non-payment of calls. The working-class shareholder laid the foundation of the concern, and, probably, if the Company had continued on its original basis and remained dependent upon the small shareholders for support, although it would never have grown to anything like its present proportions, yet its operations might have been eminently successful and useful, and its influence upon the dwellings movement would have been much more salutary than has been the case. But the facts that will be adduced in narrating the history of the Company will best enable our readers to form their own opinion upon this point.

In the Second Annual Report, presented to the shareholders Feb. 9, 1869, the Directors state that the share capital has been increased to £1,810, (and the number of shareholders to 649), and the deposits to £1,616; that the Battersea houses had been finished, and sold to shareholders, principally to the men

engaged in building them, for an aggregate sum of £2,600; that these houses contained seven large rooms each, and every convenience, with the most complete sanitary arrangements; that operations had been commenced at Salford, where workmen's dwellings were much needed. As in the first year, a dividend of £7½ per cent. was recommended and declared.

According to the *Reporter* for March, 1869, MR. W. J. BENNET presided at the meeting, and MR. SWINDLEHURST said that

'Working-men in various parts of the kingdom were taking a lively interest in their progress. Theirs was not a philanthropic, but a business Company. And if they had more capital, they would have done five times more business. They began to build with only £40,* and had erected houses to the value of £4,000.'

(To be continued.)

THE IMPROVED INDUSTRIAL DWELLINGS COMPANY, LIMITED.

THE half-yearly report of the Improved Industrial Dwellings Company, Limited (Sir Sydney H. Waterlow, Bart., M.P., Chairman), has been issued, from which it appears that the company now possesses 26 estates in various parts of the metropolis, on which 2,369 dwellings have been erected and are in occupation, 851 are in course of erection, and 300 will be shortly commenced, making a total of 3,520 tenements. When these are completed, the number of persons residing in the company's dwellings will be about 17,000. The expenditure on capital account has reached £558,991. The usual dividend of 5 per cent. is recommended for payment, after carrying £2,000 to the reserve fund, which now amounts to £33,500.



DIETETICS.

CHEAP FOOD FOR THE PEOPLE.

It would be difficult to name any subject of greater importance to the mass of the people than that of cheap food. To the labourer and artisan—hardly having enough at present to keep body and soul together—cheap living is of the utmost moment.

Beef and mutton are at famine prices, and the Cattle Diseases Act, just come into force, will limit the importation of foreign cattle and raise the price still further. We may be sure, however, that whenever it is felt throughout the country that the restrictions on the importation of foreign cattle amount to a tax on food, they will not long be tolerated by the people. *Vox populi, vox Dei*. The Act was passed for the benefit of the farmers, and not for the public good.

Notwithstanding the large supplies we receive from America and Canada, it would be fallacious to expect reduced prices of butchers' meat just now, since these are more than counter-balanced by the decrease in the importation of live stock from the Continent. The largest purchasers of American meat are our own butchers, who retail it to their customers as Scotch produce.

The flesh of sheep and oxen is not a prime necessary of life.

* In the early days the directors had frequently to find part of the wages for the workmen; and on one occasion a director, Mr. W. Austin, not only so applied the money at his command, but pledged his watch to raise the required amount.

Till of late years the working classes consumed very little butcher-meat. In the North of England beef and mutton were, in fact, deemed luxuries. Yet the men could compete with the whole world for vigour of mind and body. They were more contented, too, with their lot then than they are now. There is no question that perfect health and a robust constitution are best secured and retained by plain diet, in which the nitrogenous, saccharine, amyloid, and saline matters are in proper ratio.

I would urge upon the attention of the labouring classes oatmeal as a cheap and nutritious food. Ample testimony has been borne to its value as a wholesome article of food by the most eminent medical and scientific authorities. In short, its nutritious and sustaining qualities are now beyond question. Practical experience has shown that it possesses in an eminent degree the ingredients essential to the composition of health—that it helps largely to develop the body, to make blood and tissue, muscle and bone, besides being easy of digestion. Oats, owing to their glutinous nature, exceed all other cereals in nutritious properties, amounting to 77 per cent. of heat-forming principle, with 91 of solid matter. Wheat has only 62 per cent. of the former and 85 of the latter. A man of average weight requires about 22 oz. of dry food per day, distributed as follows in round numbers: $4\frac{1}{2}$ oz. of albuminous substances, 3 oz. of fat, 14 oz. of carbo-hydrates—starch, gum, etc.—and 1 oz. of salts.

Liebig shows oatmeal to be nearly as nutritious as the best beef or mutton, and that it excels wheat-flour in forming bone and muscle. Surely, then, on such authority oatmeal should be more used by the English people. For the working classes it forms a meal of porridge, or brose, with milk, butter-milk, treacle-beer, treacle, or sugar, much more nourishing than the wheaten bread and fat so much used by them. In Scotland oatmeal-porridge, with milk, is not only in great favour with the poor, but likewise with the well-to-do classes; and where is there a healthier, stronger, and more stalwart people? The cynical lexicographer, Dr. Johnson, defined oats as 'food for horses in England, and men in Scotland;' but he met with the just and terse retort, 'And where will you find such horses as in England or men as in Scotland?'

Porridge made from wheatmeal is much dearer, though greatly inferior, to that made from oatmeal. Four ounces of oatmeal, costing about one half-penny, makes a large plateful of thick porridge, superior to the Sheffield meat soup, costing about threepence a plateful. Physiologists and physicians tell us that the human body must have its various constituents presented to it in its food. Oats contain all the nutriment and stimulant to be found in flesh food. Beef and mutton are supposed to be more nourishing, but this is not the case. Porridge and milk, vegetables, and all farinaceous foods, will support life as well, if not better, at much less cost. For children oatmeal quickly develops their frames, forms their teeth, and keeps them in vigorous health. As articles of diet, more might be done with barley-meal, bean, and pea-meal, maize, haricot beans, rice, pearl barley, and split peas, all of which are nutritious and cheap.

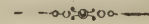
In Scotland the men breakfast and sup on porridge and milk, and dine at midday upon 'brose' and milk, or herrings and potatoes, with oat or barley bread; and their fare scarcely varies from one end of the year to the other. Herrings and

potatoes compose an almost perfect diet, supplying the carbonised food requisite to balance the farina in the potatoes. A Scotchman expressed the general opinion when he said, 'I have lived 36 years on meal and milk, and I do not like anything else half so well.'

There are many races of men whose food is as simple and unvaried—the South Sea Islander with his bread-fruit and cocoa-nuts, the Hindoo with his rice, the Arab with his milk and dates, and the Neapolitan with his maccaroni. These are plain dietaries; yet not more so than the primitive 'milk and meal' of the stalwart Scotch peasant, who will bear comparison with any race for splendid physique and robust health.

I would recommend the numerous benevolent associations formed throughout the country to make greater use of oatmeal, as, in consequence of its cheapness, the funds at their disposal would be capable of greater benefit to a greater number.

D. G. F. MACDONALD, LL.D.



ON THE PRESERVATION OF ANIMAL STRUCTURES.

By DR. B. W. RICHARDSON, F.R.S., ETC.

At the Society of Arts, on Monday last, Mr. Cobb presiding, Dr. Richardson delivered the first of two lectures 'On the Preservation of Animal Structures.' The lectures were in continuance of the Cantor course of last year, 'On Putrefactive Changes,' and were intended to demonstrate the results of fifty-four recent experiments on various animal structures which had been subjected to preservative gases or other agents, with the object of preserving the structures in the perfectly fresh state. The specimens, which were all in glass bottles, were placed before the society. The preservation of the specimens was made in London, on November 26, 1878, from the flesh of animals killed on the 25th, so that the experiment had extended over seventy days (ten weeks). Four kinds of animal structures had been used, viz., beef, mutton, chicken, and plover, in each series of inquiry. After subjection to the preservative, the specimens were enclosed in their bottles, were placed in the wooden cases, and then made to undergo severe testing for results. One case was retained in England, and so placed that for six weeks it was exposed to a minimum temperature of 35 deg. during the night, and a maximum of 74 deg. during the day, while for four weeks it was kept at a minimum of 50 deg. during the night, and 64 deg. during the day. The other case, by the kindness of the Messrs. Scrutton, had been despatched in one of their steamers to the West Indies, and, after being kept at Demerara for several days, had now been returned to England without having been opened until yesterday, when, in the presence of Lord Alfred Churchill, chairman of the Food Committee of the society, and of Mr. Cobb, the treasurer, Dr. Richardson submitted it to examination. The specimens that were kept at home were simply packed in straw; those which had been sent to the West Indies had been enclosed in Baatsch slag felt. The lecturer having stated these general facts, passed to a description of the results obtained. Of the specimens retained at home, only one had undergone decomposition, and that from an accident, the bottle containing the specimen having, by a shake, been broken so that air was admitted. The

rest, though free of decomposition, presented different values in respect to appearances, and to saleable and edible qualities. Some of the specimens were so perfect to appearance that it would be difficult to tell that they differed in any respect from the condition in which they were when they were put into the bottle. The others presented appearances which, in the opinion of the lecturer, precluded them from being considered successful, though to the unskilled observer they seemed to have undergone little change. Of the specimens which had been sent to the West Indies, all the fowl, with one exception, had undergone decomposition, but the plovers were natural in appearance. The other specimens, though varying in regard to colour, some being darker than others, were preserved; certain of the specimens being so perfectly preserved they seemed to have undergone no change at all. In this research various methods of preservation were used, including experiments with methylated bichloride, cyanogen, sulphurous acid, sulphurous acid with pure lime juice, sulphurous acid and pure glucose and nitrate of methyl. These had been selected as a result of previous experiments by the author, and as promising most success, cool gas being used as the menstruum for conveying such of the preservatives as were in the state of gas or vapour. In the home specimens methylene had preserved the best, in the voyage specimens cyanogen. In the home specimens all the fowls were preserved but one; in the voyage specimens all the fowls were decomposed but one. The reasons of these and of other differences will be explained in the next lecture.

ADULTERATION OF FOOD.

At a meeting of the American Social Science Association, at Boston, on the 8th of January, Mr. George T. Angell read a paper, in which he made the following statement as to adulteration of food:—"The adulterations of tea are too numerous to mention. Coffee is not only adulterated, but a patent has been taken out for moulding chicory into the form of coffee-berries, and I am told that clay is now moulded, and, perhaps, flavoured, with an essence to represent coffee. Cocoa and chocolate are adulterated with various mineral substances. Several mills in New England, and probably many elsewhere, are now engaged in grinding white stone into a fine powder for purposes of adulteration. At some of these mills they grind three grades—soda grade, sugar grade, and flour grade. It sells for about half a cent. a pound. Hundreds, and probably thousands, of barrels of "terra alba," or white earth, are sold in our cities every year to be mixed with sugars in confectionery and other white substances. I am told by an eminent physician that this tends to produce stone, kidney complaints, and various diseases of the stomach. It is not water alone that is mixed with milk. I am assured, upon what I believe to be reliable authority, that thousands of gallons of so-called milk have been, and probably are, sold in this city, which do not contain one drop of the genuine article. Cows in the neighbourhood of our large cities are fed upon material which produces a large flow of unwholesome milk. Poultry are fed upon material which produces unwholesome eggs. A gentleman recently purchased from a prominent Boston firm a cask of pure (?) sherry wine for his sick wife. His wife grew worse. He had the wine

analysed, and found there was not a drop of the juice of the grape in it. An eminent medical gentleman of Boston said to me—"The adulterations of drugs in this country are perfectly abominable."

REVELATIONS OF THE LIVERPOOL MEAT TRADE.

William T. Wright was charged at the Liverpool Police-court on the 27th ult. with exposing outside his shop two pieces of measles ham on the 22nd ult. The hams were ticketed '3d. per lb.,' and the inspector stated that they were particularly dangerous, because, though bad, they smelled good, and were likely to deceive people. Wright was fined 40s. and costs. Philip Gammon, butcher, of Drumcondra, Ireland, was fined £9 5s., including costs, for depositing a rotten sheep in a Liverpool slaughter-house. The sheep was found hanging up between two sound ones, and was immediately destroyed. It had been consigned by the defendant to a Liverpool butcher named M'Loughlin. It was stated by the inspector of nuisances that he visited the defendant's place in Ireland, and that he had admitted sending the sheep in question.

'SOLUBLE COCOA.'

DR. TRIPE, in his Quarterly Analytical Report for Hackney states that all the samples of cocoa submitted to him for analysis except one were sold as mixtures, the exception being, as professed, genuine. The quantity of starch in the other samples varied between 67 and 80 per cent., so that, allowing for the sugar, there was not in some of them 10 per cent. of cocoa. Whether it was legal to sell as 'soluble cocoa' an article containing only 10 per cent. of cocoa he is not prepared to say; but in his opinion it should be sold under a name which would more clearly indicate its leading elements, and 'arrowroot flavoured with sugar and cocoa' would be better. Of course, an article like this is comparatively valueless as food, as the quantity of arrowroot used for making a cup of 'cocoa' would scarcely have greater food value than a mouthful of bread and butter, whilst that of cocoa would be equally small. Dr. Tripe's suggestion of arrowroot flavoured with sugar and cocoa reminds us of a satirical French description of chocolate, as a compound of sugar, farina, and sometimes '*même du cacao*.' This was, of course, in the pre-Menier days.—*Sanitary Record*.

EXAMINATION OF FOOD.

DR. THOMAS STEVENSON, the food analyst for the parish of St. Pancras, has presented his quarterly report to the vestry, in which he states that he has examined 21 samples of milk and found 12 to be genuine and seven containing added water to the extent of 4 to 12 per cent., and one with 22 per cent. of added water, and one deficient in butter fat to the extent of 30 per cent. Of seven samples of mustard, one contained 10 per cent. of wheaten flour and a minute quantity of turmeric. All the samples of bread, butter, flour, and coffee examined were found to be genuine.

CURRENT OPINIONS AND EVENTS.

'A ROSE by any other name would smell as sweet' is an adage often quoted and generally concurred in; but it remains to be seen how many Members of Parliament who have hitherto voted against the Permissive Bill will vote for the resolution to be moved during the present session in substitution of the Bill. Speaking at York recently Sir Wilfrid Lawson said:—

There are Members of Parliament who say that they agree with the principle of the Permissive Bill. They say that it has common sense on its side; they think if licenses are to be granted they ought not to be granted against the will of the people; but they also say that they do not like the details of the bill. They have all sorts of objections to it; some of them say it is too simple, others that it is too complicated, and that it is not comprehensive enough, so I have taken counsel with some friends, and, having thought over the matter, we have come to the conclusion that it will be a good plan to try these gentlemen in another way, and see whether they do approve of the principle. I intend therefore moving a resolution in the House which shall be the principle and nothing else. Then they cannot talk about details. It is as follows:—

That inasmuch as the ancient and avowed object of licensing the sale of intoxicating liquor is to supply a supposed public want without detriment to the public welfare, this House is of opinion that a legal power of restraining the issue or renewal of licenses should be placed in the hands of the persons most deeply interested and affected, viz., the inhabitants themselves, who are entitled to protection from the injurious consequences of the present system by some efficient measure of local option.

That resolution I have copied from a recommendation of a committee appointed by the Convocation of Canterbury, to inquire into this subject of intemperance. They would see what the result of that resolution would be on the 11th of March, on which day he hoped to move it. He could not tell whether he would get more supporters for this resolution than he did for the bill.

But whatever the result inside the House may be, there are already signs of support being accorded to Sir Wilfred from quarters outside in which the Bill itself has not been popular. And, if the following example is extensively followed by other organisations the agitation will progress with accelerated speed. At a meeting of the Southern Executive of the Church of England Temperance Society, on Tuesday, 28th ult., it was resolved:—

1. That a sub-committee be appointed to take immediate steps for organising meetings and petitions throughout the dioceses, in favour of (a.) Sir Wilfred Lawson's Resolution, embodying the principle of local control over licences, (b.) the Sunday Closing Bill.
2. Eight gentlemen were then nominated as a sub-committee, with full power to consult with the United Kingdom Alliance, and, if necessary, with other societies; and to arrange for a meeting in London in support of Sir Wilfred Lawson's Resolution.

Of the members of Parliament who have hitherto felt themselves unable to vote for the second reading of the Permissive Bill, Mr. Forster and Mr. J. Whitwell Pease have already publicly announced that they intend voting for Sir Wilfrid Lawson's resolution; and it is understood that Mr. John Bright will do so likewise.

Now that banks, banking, public companies, directors, and managers form a topic of general interest, it may not perhaps be out of place to revert to the subject touched upon last week. We then expressed our unqualified approval of the precautions

taken by the directors of the London Joint Stock Bank in the management of that concern. This week, with equal pleasure, we place on record an extract from the speech of the Chairman of the London and Westminster Bank, SIR JOHN ROSE, Bart., delivered at the recent annual meeting of the bank.

'Perhaps you will bear with me for a few moments if I give you a general indication of the supervision which is exercised by those who manage the bank, in respect of these assets, and I do so because we have had various communications made to us—some by shareholders, others by other parties—suggesting the advantage of an audit and of some fresh steps being taken to safeguard the interests of the shareholders. In some instances the parties who have communicated with us seem to think that the *direction of this bank is a mere formal and perfunctory thing*—that it is a kind of ceremonial duty which is attended with no responsibility and no anxiety, and that the directors have very little to do except to appear once a week at the board-room, and twice a year to meet their shareholders. Well, gentlemen, I do not intend to magnify our responsibilities or our duties, but I think it is right that you should know a little of the inside working of this institution, in order that you may see it yourselves. We do not mean to say that any amount of precaution, anxiety, or care will always guard us against bad debts, but we do mean to say, that as far as a determination to avail ourselves of all safeguards that we can possibly think of extends, we have endeavoured to provide them in your and in our own interests. (Hear, hear.) I may say that a committee of three directors sits here daily, and that committee is more often attended, I may fairly say, by a majority of the entire board than limited to three. (Hear, hear.) Perhaps I ought to tell you, that for the greater convenience of working the business, the board of directors have divided themselves into three committees—a loan committee, a discount committee, and an establishment committee. The loan committee see every loan which is made, the security upon which it is made, the length of time for which it is made, and, if it is made at the branches, we have duplicate books here, showing the security of the customer against which the particular loan is made, and its marketable value is registered. I mention these things in anticipation, and with a view of meeting what seems to be running in the minds of some shareholders, that the offices of the directors are mere sinecures, and that they have no work or responsible duties devolving upon them. I have dwelt perhaps too long upon this (No, no), but I ought also to add that there is here a daily audit, that a transcript is sent here daily of every transaction that takes place at the branches, and it is examined here, and every week a director attends at each of the branches, and compares the balances in their books with the sheets which have been sent here. *The cash is periodically counted, the securities are periodically examined by the directors, and at brief intervals; and I am not aware how it is possible to provide a more continuous or effective supervision or audit over the transactions of any institution than that which exists in this bank* (Cheers), but if any gentleman can make a suggestion it will be gladly and cordially considered.'

About £400,000 per year is earned by the London and Westminster Bank, and this handsome result, with what is even of more importance, i.e., the safety of the establishment, is mainly due to the tact, vigilance, care, and supervision exercised by the directors.

What a striking contrast is presented to the London and Westminster by the disclosures respecting the management of the City of Glasgow Bank, made public by the trial of the directors of that unfortunate concern! The directors, by their acts of omission and commission, sent ruin into thousands of homes, and after a trial lasting eleven days they were found guilty, Stronach and Potter of fabricating and falsifying the balance-sheets of the bank, and the others of publishing them knowing them to be false. These men, occupying high social positions, were universally respected, and yet, by their mismanagement, the assets of the bank show a deficit of some *four millions*. The sentences are not received by the public with unqualified approval; and, in view of the magnitude of the disaster and the gravity of the offence, they err on the side of

leniency. A poor postman who yields to temptation and steals a letter is sentenced to seven years' penal servitude; but bank directors may use what is really trust-money in supporting their own bankrupt business; four millions sterling may be lost, and the bank represented as being still solvent; while the culprits who have been guilty, as the *Times* puts it, of 'a commercial fraud of the first magnitude,' are merely sentenced to a few months' imprisonment. The following sentences were pronounced upon these men on Saturday last:

Lewis Potter	18 months' imprisonment.
Robert Summers Stronach	18 " "
John Stewart	8 " "
Robert Salmond	8 " "
William Taylor	8 " "
Henry Inglis	8 " "
John Innes-Wright	8 " "

It may be interesting to our readers to be able to compare the above sentences with those passed upon the directors of the Royal British Bank, who were tried on a similar charge at the Guildhall in 1857. This bank stopped payment in September, 1856, and the deficit was found to be £220,562, or not one-eighteenth part of the losses incurred by the shareholders in the Glasgow Bank. After a trial lasting thirteen days the directors were found guilty, four of them being recommended to the mercy of the court; and on the 27th of February, 1857, Lord Campbell passed the following sentences upon them:

Humphry Brown	12 months imprisonment.
Edward Esdaile	12 " "
Hugh James Cameron	12 " "
Alderman Kennedy...	9 " "
William Owen	9 " "
W. D. McLeod	3 " "
Hon. J. Stapleton ...	To pay a fine of one shilling.

ROMAN HOUSES.

BY MR. ROGER SMITH, ARCHITECT.*

WHEN we inquire into anything the Romans did, we ought to do so with the same kind of respectful interest which a man might feel in examining papers or works of one of his ancestors, supposing him to have been a person of great wisdom, and to have acquired fame or riches, or both, of which his descendants were the heirs. We are the heirs of the Romans in many things; in more, indeed, than it would be easy to enumerate. Almost all our civilisation, our knowledge of philosophy and literature, our knowledge of history, some of our laws and much of our language, came to us from the Romans. It is quite true that the Romans themselves received much of what they transmitted to us from the Greeks and from other peoples, such as the Egyptians and the Etruscans; but that does not alter the fact that the inheritance which has reached us has come down to us from Rome. If we want to go to the very original fountain-head, we often have to go further back; but in Roman law, language, learning, and building, we have the germ and root of what we now enjoy, and call modern civilisation.

We can trace many marks of Roman influence in the design of our buildings, and some marks of Roman construction, although both the one and the other were very much altered during the Middle Ages. Construction, especially, underwent such a modification in Europe generally, during the time between the Norman Conquest and the Reformation, that pieces of

Roman workmanship look strange to us when we happen to fall in with them. Many changes, of course, arose also in the design of buildings; but still, although the churches and cathedrals of the Middle Ages have an appearance extremely dissimilar to the buildings of the Romans, it would be quite possible to show you, step by step, how the latter grew and altered till they gave place to the others. It would be even more easy to do this with regard to many more modern buildings, because, in the sixteenth century, architects and men of learning alike took a fresh start and went back, as you all know, to the Roman originals once more, so that, to a certain extent, what we call 'Classical' European buildings are only separated from the Roman ones by such changes as three centuries may have brought about.

To some extent the rule about modern buildings being descended from Roman, holds good as to dwelling-houses, and to some extent it does not hold good; and you may to-night, I dare say, like to inquire with me into the resemblances and the differences which we might expect to find between ancient Roman and modern English houses, owing to the different circumstances of the two peoples who built them and lived in them, and then we may find it interesting to see how far our expectation is borne out.

The circumstance which most of all makes a difference between the real nature of two buildings intended to serve the same purpose, is the place where they are built. It is obvious that in one locality you may easily get material which you cannot find at all in another. In Norway or Switzerland you get wood easily; in more rocky countries,—such, for example, as Yorkshire or Derbyshire,—you get stone easily; in alluvial plains, like Belgium and the basin of the Thames, you get brick easily; and a wooden building we know differs from a stone one, and that from a brick one in its very nature. But I mean something even more radical than the differences which varied materials bring with them. I refer to the effect of *climate*. In a wet climate people have to build to keep out the rain; in a snowy climate, to keep out the snow. In the North they have to protect themselves from the cold; in the South they require shelter from the heat; and it is the different conditions of climate to which are chiefly due differences in the structure of buildings. To climate, also, are due, the most important differences in the character given to architecture. Where the sun is overhead most of the day horizontal cornices produce powerful shadows, and are accordingly among the most important means of producing effect which the architect possesses. On the other hand, with a low sun, sending slanting rays, vertical projections throw great shadows; while horizontal cornices lose their effectiveness. Accordingly, in the architecture which grew up in the North—I mean Gothic architecture—buttresses of great projection are striking features, and the cornice is a mere nothing. While in Classic architecture, which was developed in very sunshiny countries, the cornice becomes the important and distinctive feature, and the buttress is almost unknown. This sort of comparison may be pushed further; but I have said enough to show you that climate has a sensible influence on architectural design.

Now the Romans were a people in the centre, or rather south of the centre, of the great Italian peninsula; they fixed their capital at Rome, and spread north and south from this, and the climate of Italy was the thing which formed their habits. The climate of Italy, without being burning hot, is a great deal warmer than ours. At this time of the year, for instance, in Rome, you would have bright sunshiny days and warm nights, and no such thing as a fire would be thought of. In such a climate you can fancy that people would not want to spend all their time in-doors, and that out-door life would be a pleasure to them, and that they would dress very differently to ourselves. As to their dress I shall not say anything to-night, except that, as you will understand from representations, such as statues, coins, and bas-reliefs, it was far looser and lighter than ours, and left the arms and part of the legs bare. A house is but a more solid kind of dress, made to fit a whole family, and accordingly you would expect shelter from heat and glare; fresh air and cool water to be provided in the construction of a house for such a climate.

The Romans were a slave-holding people. A certain part of a Roman's house was set apart for the family, to whom only the most intimate friends were admitted; while another part was used for public receptions and business, they not having offices or separate places of business, as is now the case in most large cities. We now get some idea of what might be supposed to be the requirements of a citizen of ancient Rome; but still we want some basis or plan of what the houses consisted, to be able to give a correct idea of what they really were, and fortunately this has been supplied in the discoveries made in the excavations of Pompeii, and the adjoining country town of Herculaneum. Here we find ourselves among ruins which transport us at once to the very homes of the Romans, and enable us to understand—in fact, to see with our own eyes—what the arrangement of a Roman dwelling-house was, and how it was carried out to its minutest details. The

* A Lecture delivered to the Institution of Foremen-Builders and Clerks of Works, 9, Conduit-street, London, W. Mr. S. L. Nicholl, architect, in the chair.

buildings of Pompeii seem to have been filled up with fine ashes, which gradually consolidated. When the existence of ruins underground had been discovered, this was very easy to dig out, and large portions of the town have accordingly been laid bare. The upper parts of the walls, etc., have perished, but the lower parts, to a height of 7 feet to 10 feet, have been preserved, comparatively speaking, fresh and uninjured.

A Roman house was in one respect the very reverse of an English one : it had no windows looking *out*, all looked *in*. We occasionally find in a very large house in England a court-yard, with some unimportant windows looking into it. In the Roman houses this was the universal rule. With us it was once, to some extent, the same ; but at the present time every window which we wish to make cheerful and pleasant must look out. With the Romans it was just the reverse. Hardly any window looked out. This arrangement of house is followed by Oriental dwellings, as no doubt you are aware, and this partly springs from the climate, but is also partly occasioned by a difference in mode of life. The streets were dusty, hot, and noisy, and it was not from them that fresh air, cool shade, and tempered daylight could be drawn ; accordingly an open space being reserved in the heart of the house, the room looked into it. The Roman houses were very few of them lofty.

When any one was admitted into this inside space, he was in the heart of everything. How, then, could the family seclusion and privacy be kept up ? By having *two* open spaces one beyond the other, and admitting the ordinary visitors only to the outer one next the road, reserving the inner one for the family and friends ; here we have the principle on which the Roman house was constructed. It consisted of an outer quadrangle or court, called the *atrium*, surrounded by buildings which looked into it ; an inner quadrangle or court, called the *peristyle*, placed further back, also surrounded, or partly surrounded, by buildings which looked into it. Between the two quadrangles was a kind of parlour that opened both front and back, and was known as the *tablinum*. These three features just as much formed the standard skeleton of a house as a drawing-room, dining-room, and entrance-hall make up the outline of an English house ; and as far as we know the succession of atrium, tablinum, and peristyle was on the whole very uniformly preserved.

Mr. Smith here gave a long and interesting description of the Pompeian house at the Crystal Palace, which was illustrated by various large diagrams, many of which were lent by Professor Donaldson and Professor Hayter Lewis, of University College ; and he then went on to say :—

The Romans did not hang up pictures, as we do, in frames ; but when they wanted a picture in a room, they sent for the artist, who painted it on the wall of the room itself, and left it there. Of movable ornaments, statues are what have come down to us chiefly, though possibly, indeed probably, movable pictures were among the precious possessions of a wealthy Roman. It seems likely they were not hung against the walls, but were placed on stands ; at any rate, it is quite certain that a Roman did not depend upon the movable pictures to furnish the walls of his house as an Englishman does.

The house presented, when you were inside, a number of beautiful points of view. Its colouring was contrived so as to make it a harmonious and pleasing whole ; and as, when the tablinum was open, you saw all across from back to front, there must have been a pleasing mingling of intricacy and beauty in the view on first entering the atrium, such as few other interiors could give. Even the representation at Sydenham gives you but a feeble idea of the actual beauty of one of these interiors, unless you see it under sunshine so bright as very rarely indeed visits London.

We have not at all the same means of forming even an opinion upon the nature of the Roman villas in Great Britain, as we have of arriving at certainty about Pompeii. They have been, as a rule, plundered and destroyed, and it is only such ruins as were not worth attacking which are now discovered. When we discover a Roman villa in England, we only find the stumps of walls and portions of the mosaic pavement, and very little else. This is very different from Pompeii, where you find the walls standing to a height of 6 feet to 8 feet, and 10 feet, no demolition whatever having taken place, except of the upper stories. The lecturer here described the leading peculiarities of Roman masonry and mosaic work, and of such features as are most readily recognised in Roman remains when discovered in this country.

In one class of buildings the Roman arrangement has come down to England, and remains at the present day. True, it has undergone modifications, and is hardly, perhaps, at first sight to be recognised, but still it has reached us by an unbroken tradition. I refer to the cloisters attached to our cathedrals and the quadrangles of our collegiate buildings. These are the direct successors of the monastic buildings of the middle and early Christian

ages, which, without doubt, were arranged on the same plan of a quadrangle, with rooms round it, which we have found was the Roman manner of building.

The early Christian churches of importance were built in the time of Constantine ; and when it became necessary to add to them buildings in which the clergy might reside, there can be no doubt that the Roman manner of building was still in force ; and at Rome or Ravenna, or elsewhere in Italy, if a house for the clergy was built, its rooms would, as a matter of course, be disposed round a quadrangle covered at the sides and opened in the centre,—in fact a peristyle or atrium, with rooms round it, was the natural thing to build in Italy in those days, just as much as a tall block of buildings with a staircase in the heart of it, and windows back and front, is the natural thing to build nowadays in London. But mark what happened : the atrium originally added in front of a church, and generally known as a forecourt, was soon abandoned ; but this leading principle of building once adopted was, after all, retained just as if it were fitting. I could show you that the leading principle upon which Constantine's churches were built has also been retained till the present day. The religious houses increased in size, the peristyle grew into a cloister, and as a cloister it remains, and as a cloister, was introduced into every country of Europe, our own not excepted. When one visits a cathedral cloister, or sees a college quadrangle at Oxford or Cambridge, one recollects the Roman house with its atrium and peristyle ; for what we have before our eye is nothing else than this identical feature, modified, it is true, but not done away with. The sight of such a feature should remind us all of the strong and lasting influence which the Romans exercised over the ways of thinking and building in this country, and, indeed, in all the countries of Europe.



WORDS OF CHEER.

WE have received numerous letters of approval and encouragement from readers of our first number. Some valuable suggestions, too, have been made which will engage our attention.

One of the warmest friends of the improved dwellings movement, a gentleman who has largely devoted both time and money in its promotion, writes—

‘I have your first number of *House and Home*, and I wish every success to your labour. Your publication comes out most opportunely.’

Another gentleman writes—

‘Your No. 1. to hand, and its get-up and contents are equally creditable to your taste and judgment.’

A third writes—

‘A more useful paper I never saw ; it does great credit to everyone connected with it. Please send me 50 copies each of Nos. 1, 2, and 3, and I will send them out to Free Libraries.’

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get ‘the trade’ to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the news-vendors, and at the railway book-stalls.

DECREASE IN CRIME.

THE number of persons in prison in England and Wales has fallen considerably since the new Prisons Act has been in force, and was at the end of last year lower than at any time during the past three years. [Yes ; but the PEOPLE have been drinking less ! Bad times are favourable to sobriety.]

CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

AN ALLEGED SANITARY HERESY.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,

I thank you, your publisher, or some one else, for sending me No. 1 of 'House and Home.' Please to forward each number as it appears, and I will send you a P.O.O. in payment.

My astonishment was intense when I read the article on 'Sanitary Work in Country Mansions.' It appears from that article that the sanitary arrangements of Headington Hill Hall, near Oxford, have not been in a condition to satisfy the wishes of the proprietor, who is evidently a man of progress and regard for science. But science, be it remembered, has its faults, its blunders, and its changes. All these conditions have been evidenced at Haddington Hill Hall. Thus the sanitary science 'of only twenty-five years since' is not the sanitary science of to-day; and I venture to predict, though modern prophecy is often wrong, that some of the dicta given as sanitary laws to-day will not be received as truth five or ten years hence. One of the directions laid down by Dr. Corfield and the other gentleman at Haddington Hill Hall, was to adopt the pernicious modern heresy of ventilating sewers. No greater blunder, in my opinion, can be committed than to allow sewer-gas to escape into houses or streets. Sewer-gas is a poison, or it is not. If it be not a poison, why take so much trouble and make so much noise about it? If, on the contrary, it be a poison—and I say it is a deadly one—then the right place for sewer-gas is, undoubtedly, the sewer, from whence it should never be allowed to escape, except in a way, and at a place, which I am quite prepared to show hereafter.

Dr. Corfield, like many other persons, no doubt believes that, if sewer-gas have an exit through ventilating shafts, the gas will be disseminated through the atmosphere, and the quantity breathed will be so infinitesimal it cannot be noxious. But is it no part of hygiene to instruct us that health must depend, to a great extent, on the purity of the air we breathe? If, then, every sewer in every house, in every town and village in the kingdom, is to eject its foul gas into the air, how can that air, made further impure by being used, be pure and fit to breathe? I say it cannot. Then, however, comes the screen behind which engineering and sanitary incapacity hide themselves, and say the quantity of impurity is infinitesimal, and therefore harmless. A more pernicious or unfounded heresy was never preached. Did Dr. Corfield, or anybody else, ever see the contagion contained in an infected garment, that conveys disease from one locality to another. It exists, undoubtedly, but it is invisible, and not detected by any optical power. Yet it acts, as every medical man will declare. Then it is infinitesimal, but very potent. Dr. Corfield is undoubtedly a man of energy and action. But he never can have thought much on the subject of atomic or infinitesimal power. Criticism, however, of the oversights of others is not a part of my object, which is the dissemination of truth. I shall, therefore, be quite prepared to bring to public notice very shortly a rational, sanitary, engineering, and scientific means of disposing of sewage, in any quantity, without polluting sea or river, without permitting sewer-gas to escape into streets or houses, and that will not allow the reproduction of foul gas in the sewers. The subject is one of such importance, and so comprehensive, that the co-operation of others with myself may well be asked. The aid of no one for the purpose would probably be more appreciated than that of Dr. Corfield himself.

I am, sir,

Your obedient servant,

W. HAMPSON DENHAM.

Southsea, Portsmouth, February 2nd, 1879.

THRIFT.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

In your issue of January 25th, I note the following sentence: 'Waste not only affects the individual, but, carried to such an alarming degree as it is, becomes a fact of national moment and concern.' This, sir,

is indeed but too true, and as your journal is devoted to the interests of home life, and as the happiness of home is very greatly increased by the cultivation of thrift and the avoidance of all waste, perhaps you will allow me this opportunity of bringing before your readers the existence of a society that has recently been established for promoting thrift throughout the length and breadth of the land, through the establishment of penny banks and provident dispensaries in every district where they do not at present exist. The former of these are now being extensively established through the society's efforts; the plan adopted is to work systematically in one district or county at a time, obtaining permission from clergymen, school managers, employers of labour, and others, to open penny banks in connection with schools, working men's institutes, temperance societies, etc., and then, after addressing the children and others, providing all the necessary books, papers, handbills for distribution, etc., and doing all that is possible to make the banks a thorough success, they are left to go on under local management, and the society transfers its operations to other quarters. As an instance of the success that has attended these efforts, I might mention that at Sherborne, Dorset, where one of these penny banks was opened on the 4th ult., there are already nearly 300 depositors, whilst at a dozen and more neighbouring villages, other banks are about to be opened for the benefit of school children and others who may be disposed to avail themselves of the facilities thus afforded for saving small sums. Again, at Canterbury—from where I am now writing—several of the society's banks have recently been opened, and at one of these—in connection with the Alford Institution—there are already 276 depositors, although the bank has only been opened twice, viz., Saturday evenings, January 25th and February 1st.

The facility being afforded, it is usually found that plenty are ready to avail themselves of it, and the habits of thrift which are thus inculcated are of inestimable value. As the society gets more known and supported, it hopes to be able to work in many localities at the same time; at present all applications for assistance are attended to as quickly as possible, and the banks being once established, are almost invariably found to work well and easily, and with great advantage to the depositors. The amounts received are transferred, in the names of local trustees, to the Government Post Office Saving's Banks.

Should your readers require any further information on the matter, or prospectuses of the society for distribution, these can be obtained by addressing a letter to the secretary of the National Thrift Society, at either Oxford or Canterbury.

I am, sir, yours faithfully,

THOMAS BOWDEN GREEN,

Canterbury, Feb. 3rd, 1879.

Secretary.

HOUSEHOLD HOT-WATER APPARATUS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

In consequence of the many kitchen boiler explosions which are reported day after day, and the numerous letters that appear in the newspapers, I should be neglecting my duty were I to omit the opportunity to show a much simpler mode of heating water for baths, sculleries, etc., than those generally in use—a mode without danger, and at half the cost. Mr. L. E. Fletcher, chief engineer to the Steam Users Association, Manchester, writing to a contemporary, on a recent date, on the circulating boiler systems, shows they are not only dangerous during frost, but at other times, owing to incrustation, etc. Now the only safe-guard I see he points out is the 'safety valve,' which can only be relied on whilst in good working order—that is, so long as it is 'thoroughly reliable, and will not stick fast on lying idle and being unattended to for a considerable time.' My experience is, that safety valves, which blow off at low pressure, are liable to prime; and, as a consequence, they corrode and get fast. All who use those are not engineers, and, consequently, neglect to see that the safety-valves are kept in order; and, in my opinion, the principle on which it works is little understood.

The system to which I allude has been in operation only a few years, and is therefore not generally known, though a great many have been applied, and give every satisfaction. By this mode the hot-water cistern, circulating pipes, ball taps, etc., are altogether superseded.

The scullery.—A bath boiler, of ordinary shape, but of larger size, is placed behind the fire, which will hold from 12 to 20 gallons of water, as required, and is placed so as to form the fireback of the kitchen range. It

is supplied with a pipe from the scullery, where it is attached to the main, and a stop tap is there fixed. The hot-water pipe returns to the same place.

The bath-room.—The cold water pipe is taken from the main to the bath-room; a stop-tap is attached in the same way as in the scullery, and is connected with the inlet pipe of the boiler; the return pipe is connected with the hot-water pipe, and carried back to the bath; an open pipe is carried from the boiler to a few feet above the highest outlet, which acts both for the purposes of exhaustion and expansion. When hot water is required, the stop-tap is opened, and the pressure of the water forces from the boiler the quantity of hot water required. The stop-tap is then closed, which leaves the boiler full of water.

From the above, it will be readily seen that, there being an open pipe, there can never be an ounce of pressure on the boiler, because, as the water evaporates, it escapes through the open pipe. In case of frost, the hot-water tap in the scullery is left open, which empties all the pipes in the house. The principle is so simple that any one can understand it in a very short time. The cost of applying it in ordinary cases, for scullery and bath, is only £10 and alterations to this system about £5 or £6. By the method here explained a hotter and larger supply of water can be procured in a given time than by the circulating system.—I am, etc.

JAMES GASKELL.

Little Peel, Blackburn.

A STRANGE STORY.

AT a time like this, when accounts of burglaries and robberies seem to engage a great deal of public attention (says the *Devizes Gazette*), it may be worth while to record a story which has gained currency in this district during the last few days, and which would be 'strange if true.' It is said that a pig-jobber—whose name it is not necessary that we should introduce—who lives in a village not far from Devizes, had occasion to take a lot of porkers to Salisbury, and on his way home had to cross the Plain with his pockets replenished. His story is that he was accosted by two men, who besought him to give 'a lift' to a woman who was weary of walking along the road with her basket, and he consented. The person who was the subject of this arrangement accordingly proceeded to deposit her reticule in the cart as a preliminary to taking her seat beside the honest driver. The step, however, being high, or access to the cart difficult, led to the disclosure that she wore beneath her petticoats a pair of trousers, fit for masculine if not more sturdy limbs. The thought instantly flashed across the mind of the half-bewildered dealer that there was a plot to 'rifle, rob, and plunder.' The woman he conjectured to be a man in disguise, and her pseudo sympathisers her 'pals.' There was no time for hesitation as to the course which the circumstances demanded he should adopt. Prompt and decisive resistance was his only safeguard, personally and pecuniarily; so he upped with his fist, knocked his fancied feminine visitor over and out of his conveyance, and then, adroitly applying his whip to his nag, he left the trio of desperadoes to their legs and their reflections. Having scudded along beyond harm's way, he peered into the market basket which the 'lady' had left behind her, and, to his amazement, discovered in the place of butter and eggs revolvers and knuckledusters.

WORKMEN IN ENGLAND AND AMERICA.

PROFESSOR THOMPSON says:—'If you want to know why inventors are more numerous in America than they are here, come and live for six months in England. If you wish to know how it feels to be brimful of ideas, and yet to be unable to have one of them executed, come to England. If you wish to know how it feels to have to wait for a month to have the simplest thing made, and then be charged a man's wages for two months, come to England. You will here be unable to see the interior of a workshop, or to come into direct contact with your workmen, and the people seem incapable of working except in the ruts worn by their predecessors. They are absolutely incapable of calculating any new design without the most laborious oversight from the inventor; and their masters, instead of encouraging invention, do all they can to put a stop to it by refusing admission to the workshops, and charging the most exorbitant prices for experimental work, avowedly because "they don't want such kind of work;" "it gives more trouble than it is worth;" and "if you must have new things made, you must expect to pay for them." It is in vain that I say I am willing to pay

anything to have my work done, and that what I object to is having to pay for not having it done. It is the same everywhere. Not only is your work not done, but you have to wait so long for the simplest things that your ideas cool, and you get quite exasperated at your inability to do anything.'

BIRDS AND FRUIT.

A CONTROVERSY is going on in the *Times* on the old question as to the destructiveness of birds in our gardens. M. G. J. Lowe, the meteorologist, of the Highfield House Observatory, says:—'No birds or birds-nests have been destroyed here for many years, and yet we have fruit. No doubt the birds help themselves (as wages), but without their labours there would be no fruit for anyone. Several times birds have saved me a crop of apples. On one occasion an examination of hundreds of bunches of blooms disclosed caterpillars feeding in every bunch; next day the birds had found them, and in a few hours there was not a caterpillar to be seen. A grass field here was so infested with the grub of the cockchafer, that the grass could be rolled up; soon, however, the birds began their work, and the grubs vanished. Some years ago the farmers killed all the rooks in a particular district, and the crops in consequence were destroyed by grubs, and it was only on the re-introduction of these birds (at a great cost to the farmers) that good crops were again obtained. Thirty-five years ago a nurseryman left here for Australia, taking with him all our popular hardy fruits and vegetables, but the produce was yearly destroyed until the English sparrow was introduced, after which there was plenty of fruit. Waterton calculated that a single pair of sparrows destroyed as many grubs in one day, as would have eaten up half an acre of young corn in a week, and that instead of ignorant farmers giving a reward of sixpence a dozen for dead sparrows, more would have been gained by paying many times as much to preserve them from injury. Some say swallows, flycatchers, and other summer birds are sent to kill our insects; unfortunately, they arrive too late in the year to do us that amount of good that we experience from our non-migratory birds. The caterpillars (in the chrysalis state) can be exposed to a temperature only 10 deg. above zero, and yet at the appointed time become butterflies or moths. A number were collected after the great frost of 1860, and all were found to be alive. As the weather becomes cold, insects and slugs retire out of reach of frost. In 1860 the temperature fell 8 deg. below zero, and yet next spring there was no diminution of these pests.'

BILLY'S ROSE.

WE find this poem originally appeared in the *Referee*. It is from the pen of Dagonet. We took it from an American paper as stated by us last week.

A CURIOUS ACCOUNT.

AN artist employed in repairing the properties of an old church in Belgium, being refused payment in a lump, was asked for details, and sent in his bill as follows:—

	Dols.	c.
Correcting Ten Commandments.....	5	12
Embellished Pontius Pilate, and put new ribbon in his bonnet.....	3	02
Put a new tail on the rooster of St. Peter, and mended comb.....	2	20
Replumed and gilded the left wing of the Guardian Angel.....	4	18
Washed the servant of the High Priest and put carmine on his cheek.....	5	12
Renewed Heaven, adjusted two stars, and cleaned the moon.....	7	14
Reanimated the flames of Purgatory, and restored souls.....	3	06
Revived the flames of Hell, put a new tail on the Devil, mended his left hoof, and did several jobs for the damned.....	7	17
Rebordering the robe of Herod and readjusting his wig.....	4	00
Put new spotted dashes on the Son of Tobias, and dressing on his sack.....	2	00
Cleaned the ears of Balaam's ass and shod him.....	3	02
Put ear-rings in the ears of Sarah.....	2	04
Put new stone in David's sling, enlarged the head of Goliath, and extended his legs.....	3	00
Decorated Noah's ark.....	3	00
Mended the shirt of the Prodigal Son and cleaned his ears.....	4	00

Total..... 58 07
British Architect.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

Whoever shall represent to his fancy, as in a picture, that great image of our mother Nature, portrayed in her full majesty and lustre,—whoever in her face shall read so general and so constant a variety,—whoever shall observe himself in that figure, and not himself, but a whole kingdom, no bigger than the least touch or prick of a pencil, in comparison of the whole, that man alone is able to value things according to their true estimate and grandeur.—*Montaigne*.

Oh, true believers! when ye bind yourselves one to the other in a debt for a certain time, *write it down*,—and disdain not to write it down, be it a large, or be it a small one, until its time of payment. This will be more just in the sight of God, and more right for bearing witness, and more easy, that ye may not doubt. But if it be for a present bargain which you transact among yourselves, it shall be no crime in you, if you write it not down.—*Koran*.

Laws act after crimes have been committed; prevention goes before them both.—*Zimmerman*.

The holiest men in show, often prove the hollowest in heart.—*Plotin*.

Every true science bears necessarily within itself the germ of a cognate profession, and the more you can elevate trades into professions the better.

Truth is a good dog; but beware of barking too close to the heels of an error, lest you get your brains kicked out.—*Coleridge, Table-Talk*.

The great Sir Matthew Hale ordered that none of his works should be printed after his death; as he apprehended that, in the licensing of them, some things might be struck out or altered, which he had observed, not without some indignation, had been done to those of a learned friend; and he preferred bequeathing his uncorrupted MSS. to the Society of Lincoln's Inn, as their only guardians, hoping they were a treasure worth keeping.—*Burnet's Life of Sir Matthew Hale*.

But Thalaba took not the draught,
For right he knew the Prophet had forbidden
That beverage, the mother of sins;
Nor did the urgent guests
Proffer the second time the liquid fire,
For in the youth's strong eye they saw
No movable resolve.—*Southey*.

The woe we cannot physic is the woe
That makes the grief of tender hearts below;
The love that can assuage it is the love
That makes the happiness of heaven above.

Wade Robinson.

There is, and can be, no absolutely unchangeable political constitution, because none *absolutely perfect* can be realised; the *relatively best* constitution must therefore carry within itself the principle of change and improvement.—*Fichte*.

Anger wishes that all mankind had only one neck; love that it had only one heart; grief, two tear-glands; and pride, two bent knees.—*Richter*.

Ye fade, yet still how sweet, ye flowers!
Your scent outlives the bloom!
So, Father, may my mortal hours
Grow sweeter towards the tomb!

In withered leaves a healing cure
The simple gleaners find;
So may our withered hopes endure
In virtues left behind.—*Lytton*.

Let us cherish around us whatever has a tendency to bring the character into a finer life. Beauty has a power transcending all philosophy, which, if sacredly regarded, would assimilate all nature to itself.—*Emerson*.

There is but one point to which I should unceasingly direct my thoughts, namely, what is appointed for me to do, and what is the most suitable mode of doing it.—*Fichte*.

SONNET—LIFE.

Each creature holds an insular point in space;
Yet what man holds a finger, breathes a sound,
But all the multitudinous beings round,
In all the countless worlds, with time and place
For their conditions, down to the central base,
Thrill, haply, in vibration and rebound?
Life answering life across the vast profound,
In full antiphony, by a common grace!
I think this sudden joyance which illumines
A child's mouth sleeping, unaware, may run
From some soul newly-loosened from earth's tombs;
I think this passionate sigh, which, half begun,
I stifle back, may reach and stir the plumes
Of God's calm angel standing in the sun.

ELIZABETH BARKETT BROWNING.

HOME-LOVE.

'To love home is one of the first virtues: first in point of time, and of importance too, as it is the parent of all the rest. The sweet charities which bind man to man; which ornament and enrich social life; which in value, as regarding happiness, are far beyond wealth or talent; these all germinate from the nursery, are fostered amid the domestic circle, and only there can be reared to maturity, firmness, or beauty. Virtues engrafted afterwards, by artificial heat and culture, seldom have the freshness, nor the healthy appearance, nor the fruitfulness of those generated at home.'—*Taylor's Advice to the Teens*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in *signed* articles.

TO CORRESPONDENTS.

Received with thanks.—J. B. Green, F.S.A., J. Fairhall, H. Crathern, R. Shipman, J. Smith, W. H. Denham, M.R.C.S., M. H. Judge, A. A. Reade.
P. SCOTT.—Yes, send. The matter you mention is one for the shareholders to decide, but it is difficult to get them to understand the facts.
S. ALLEN.—Wait for the Report. At present they are not in the market, but recent prices have ranged from £5 10s. to £6 10s.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE AND HOME.

No. 1, published Saturday, January 25th, contained:

George Peabody (with Portrait).

Our Programme: Portraits.—Improved Dwellings: Improvements Accomplished; the Artizans' Labourers', and General Dwellings Company, Limited.—Hygiene: The Parkes' Museum of Hygiene.—Dietetics: Dietetics as a Factor in the Development of Home Life; Food and its Functions; the Best Method of Cooking Meat.—Current Opinions: The Pleasures of Home, Hygiene Applied to Dwellings, Ventilation, Sanitary Work in Country Mansions, Artizans' Dwellings in Exeter.—Correspondence: The Liquor Traffic and Licensing.—Gems of Thought.

No. 2, published Saturday, February 1st, contained:

Improved Dwellings: On Artizans' Dwellings and their Healthfulness; Improvements Accomplished; the Artizans', Labourers', and General Dwellings Company, Limited.—Hygiene: the Morals of Hygiene; Sanitary Reform; National Health Society.—Health and Recreation.—Dietetics: Introduction; the Sale of Food Act; the Adulterated Flour Case.—Words of Cheer.—How our Friends may Help us.—Billy's Rose.—Current Opinions and Events.—Patrons, Booksellers, and Authors.—The Ruskin Society.—Hygiene Applied to Dwellings.—Correspondence: Agricultural Labourers' Dwellings; the Artizans' Dwellings Scheme.—Gems of Thought.

PORTTRAITS.

We intend to publish Portraits monthly, and among the earliest will be those of

1. THE RIGHT HON. EARL BEACONSFIELD, K.G.
2. THE RIGHT HON. EARL DERBY, K.G.
3. THE RIGHT HON. EARL SHAFTESBURY, K.G.
4. RT. HON. R. A. CROSS, M.P.
5. SIR H. SYDNEY WATERLOW, BART, M.P., Ald.
6. DR. B. W. RICHARDSON, F.R.S.
7. THOMAS HUGHES, ESQ., Q.C.
8. JOHN RUSKIN, ESQ.
9. W. M'C. TORRENS, ESQ., M.P.

AGENTS FOR 'HOUSE AND HOME.'

MESSRS. CURTICE AND CO.,
Of Catherine Street, W.C., and Fleet
Street, E.C., are the
WHOLESALE AGENTS.

Agent for the Queen's Park Estate:
Mrs. L. SHILLABEER, 14, Harrow Road, W.

Agent for the Shaftesbury Park Estate:
Mr. GODIN, 16, Eversleigh Road, Shaftesbury Park Estate.

Agent for Peabody Buildings, Dockhead:
Mr. W. PRENDEVELLE, Superintendent's
Office, No. 2 B Block.

Agent for Colehill Buildings, Ebury Street,
Lumley Buildings, Pimlico Road, and
Ebury Buildings, Ebury Square.
Miss J. DAVY, 14, Pimlico-road, S.W.

Agent for Peabody Buildings, Southwark
Street, Stamford Street, and Blackfriars.
Mr. H. W. HARRIS, 4, Blackfriars-road,
S.E.

"HOUSE AND HOME" may be had by
order of any bookseller, or from any
bookstall.

* * The Publisher is prepared to receive
applications for Agencies from suitable
persons residing in or near to Improved
Dwellings.

The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the
rate of 3d. per twelve words; but less than four words will
be charged one penny. Halfpenny stamps are received in
payment.

Advertisers not wishing their names and addresses to
appear must intimate their desire to us, when we attach
distinctive numbers to such advertisements; and all replies
to such advertisements must be addressed, under cover, to
the respective numbers at our Office.

In replying to an advertisement to which a number is
attached, the answer must be contained in a blank envelope,
which must be fastened, with the number of the advertise-
ment distinctly written upon the top right hand corner of it,
thus—



and enclosed with a penny stamp in another envelope, ad-
dressed to the Manager of "House and Home," 335,
Strand, W.C.

We strongly urge strangers, when dealing with each others
to deposit the purchase-money at our Office. When this is
done the deposit will be acknowledged to both parties, and
we shall hold the money until we are satisfied that the
transaction is completed; when, if a sale has been effected,
we shall remit the amount to the vendor, but if a sale is not
effected and we are satisfied that the goods have been sent
back to the owner, the money will be returned to the de-
positor. In either case we deduct 6d. commission if the
amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on
approval should not be kept more than four days. We
advise all goods to be purchased on approval, and the right
to return them should be insisted upon. When a number
is used instead of the name and address of the advertiser,
the name of the town should be appended to the advertise-
ment, thus—(Gloucester.)

Unless otherwise stated the prices advertised do *not*
include the postage or carriage of the article offered for sale.
The rule in the case of an article sent on approval but re-
turned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting
strangers. Goods ought never to be parted with for
Bills, Drafts, Cheques, or Notes, until these have
been cleared, or their genuineness otherwise ascer-
tained. The deposit system, however, provides Per-
fect Safety.

All letters must be addressed to the Manager, Sale and
Exchange Department, "House and Home," 335, Strand,
W.C.

Deposits must be made by Cash, or by Cheques, and Post
Office Orders, drawn in favour of John Pearce, and payable
in London.

The Sale and Exchange.

THE LIBRARY.

HISTORY.—Quite equal to new, Gibbon and Ockley's
History of the Saracen Empire (Murray), 2s.; Memoirs of
the Court and Times of Queen Elizabeth, 2s.; Hallam's
State of Society in Europe during Middle Ages, 9d.;
History of the Decline and Fall of the Roman Empire, by
Gibbon (Bohn's Imperial edition), pub. at 31s. 6d., for 6s.;
Burnet's History of his own Time (Bohn), pub. at 25s. for
7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half
morocco, 16s.; Hume's England, 3 vols., cloth, 1871,
7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.;
Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.;
England under Henry VIII., by Lord Herbert, 1872, 3s.
(London)—53.

RELIGIOUS.—The following are from the library of
the late Bishop Wilberforce: Mornings with Mamma, fourth
series, roan, 2s.; The Epistle to the Galatians, by Sir
Stafford Carey, M.A., 2s.; Church Expansion, by Rev.
C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural
Deans, by Fendall, 1s.; The Spiritual Combat, by Father
Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Tegg,
London), a large vol., half-bound, in good condition, 6s. 6d.;
Milton's Works, prose and poetical, in one large vol., cloth
(Bohn), 7s. 6d.; Budinger's Abridged Bible, from the
German, by Asher, 1s. 6d.; Cobbin's New Testament with
notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in

3 vols., 6s.; New Testament in Hebrew and Greek on
opposite pages, 2s.; The Perfect Life, by W. E. Channing,
2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.;
Invocation of Saints and Angels, by Shipley, 1s. 6d.;
Femal Glory, 1635, reprinted and edited by Shipley, 2s.
—55.

OLD LITERATURE.—The Reconciler of the Bible,
by J. T. Minister of the Gospel, London, 1656, old calf,
3s. 6d.; Heaven Opened, by R. A., London, 1665, old calf,
2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A.,
in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology,
in two small vols., newly bound in leather, 1799, 3s.;
Characteristics, by Anthony, Earl of Shaftesbury, in 3 small
vols., old calf, 1749, 5s. —57.

The Modern Picture of London, by N. Whittock,
Virtue, 2 vols., imperfect, but containing many steel
engravings, 2s.; Fielding's New Peetrage of England,
Scotland, and Ireland, 1784, very clean, 2s. —58.

POLITICAL.—Letters of Rannymede, by Lord
Beaconsfield, 1836 (a very daring work in his most sarcastic
style), 10s. 6d.; The Voyage of Captain Papanilla, first
edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for
the People, edited by J. A. Roebuck, M.P., London, 1835
(a most radical production of the *then* Radical reformer),
8s.; Individual Liberty, by Vindex (a clever reply to J. S.
Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the
Man of his Time, from caricatures, over 100 caricatures,
4s.; The Great Suez Canal, its political, engineering, and
financial history, by Percy Fitzgerald, 2 vols., pub. 30s.,
5s.; Life of Thomas Wentworth, Earl of Stafford, by E.
Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney,
1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made
the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.;
Memoirs of Distinguished Political Women, 2 vols., 3s. 9d.;
Old Rome and New Italy, by Castelar, translated by Mrs.
Arnold, 2s. 6d.; Secret Societies of the European Revolution,
by Frost, 2 vols., 5s. 6d. —60.

POETICAL.—Yarrow Revisited, and other Poems, by
W. Wordsworth (Moxon, 1839), in good condition, 4s.; Hours
of Idleness, a series of poems, by a noble author (Lord
Byron), London, Benbow, 1822, 2s. 6d.; Thoughts in Prison,
by Dr. Dodd, Longman, 1815, in calf, 2s.; Sigourney's
Poetical Works (Nelson), 1s.; Flora Poetica, or Poetry on
Flowers, with plates, by Banks (Longman, 1834), 2s. 6d.
(last two, binding bad). —61.

Chandos Classics, in cloth, at 1s. 8d. per vol., as
follows:—Burns, Byron, Cowper, Hemans, Longfellow,
Moore, Scott, Shakespeare, Milton, Wordsworth, Keats,
Coleridge, Shelley, Campbell, Hood, Pope, C. Mackay,
Doctor Syntax, Hudibras, Pope's Iliad, Pope's Odyssey,
Legendary Ballads of England and Scotland, Eliza Cook,
Goldsmith's Works, Dodd's Beauties of Shakespeare,
Dryden's Virgil, new. —62.

MEDICAL AND SCIENTIFIC.—Notes on Epi-
demics, by Austie, 1s.; Beeton's Dictionary of Universal
Information, 9s.; Blackwell's Lectures on the Laws of
Life, 9d.; Change of Air and Scene, a Physician's Notes
and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s.;
Our Food, by E. A. Davidson, 9d.; Sciatica and Lumbago,
by H. Lawson, M.D., 2s.; Wines and Other Fermented
Liquors, by Sheen, 1s.; Smedley's Practical Hydropathy,
2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.;
Elements of Health and Female Hygiene, by Dr. Tilt,
1s. 8d.; Utilisation of Minute Life, by Phipson, 1s. 8d.;
Kirk's Handbook of Physiology, by Baker, 6s. 6d. —65.

FICTION.—White Conquest, by Hepworth Dixon, 2
vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds,
40 steel engravings, 7s.; Calumny, by Eastwood, illustra-
tions, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d. —66.

The following novels are equal to new, some uncut, in
three volumes, offered at 3s. per set:—A Little World, by
G. M. Fenn; As the Shadows Fall, by J. E. Muddock;
As Innocent as a Baby, by W. C. Russell; Beauchamp's
Career, by Geo. Meredith; Black Spirits and White, by F.
E. Trollope; Broad Church, by Dr. M. Davies; Captain
Fanny, by the author of 'John Holdsworth'; A Charming
Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers;
The Chronicle of Sir H. Earsleigh, Bart.; Squire Silches-
ter's Whim, by M. Collins; Miranda, by M. Collins;
Democracy, by Whyte Thorn; Done in the Dark, by the
author of 'Recommended to Mercy'; Doubleday's Chil-
dren, by Dutton Cook; Duntun Abbey, by T. A. Trollope;
Fair, but not False, by Evelyn Campbell; From Plough to
Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J.
Ayrton; Greed's Labour Lost, by the author of 'Recom-
mended to Mercy'; His Second Wife, by Mrs. Eiloart;
Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P.,
by Mrs. Eiloart; The Landlord of the Sun, by William
Gilbert; Love's Young Dream; Oakshott Castle, by Henry
Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty
Miss Bellew; Shipowner's Daughter, by John Saunders;
So Very Human, by A. B. Richards; The Doctor's
Dilemma, by Hesba Stretton; Thereby hangs a Tale, by
G. M. Fenn; and Verts, by Dr. C. M. Davies.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View
of London, by John Corry, 1819, very curious, 2s. 6d.;
Hogarth's Works, in three vols., 8vo., cloth, 160 engrav-
ings, 13s.; The Genial Showman, Artemus Ward's Life,
4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intem-
perance, and temperance.—Verax, 'House and Home'
office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4.
J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high,
or 3ft. 3in. wide. State condition. (Reading)—69.

PRINTING.—Wanted a Self-Inking Machine, Model
or Simplusimus.—London—70.

MISCELLANEOUS.

SEWING MACHINE.—A bargain. A widower is
parting with a capital Hand Lock-stitch Sewing Machine
recently cost 4 guineas, for 35s. only.—71.

VIOLIN.—A gentleman is parting with a capital toned
very old Violin, in capital case, price 35s.—72.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: FEBRUARY 15th, 1879.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.*

PERSONAL.

SEVERAL of the leading associations have kindly placed at our disposal data which will enable us fully to inform our readers of their operations. It was our intention to have taken the Institutions in the order of time, giving priority to the oldest. But it has been represented to us that from our peculiar relationship to the Artizans', Labourers', and General Dwellings Company, Limited, we should at once enter upon a narration of its history, and, having regard to the condition and prospects of the Company, we act upon the suggestion. We have only to add that we hope the information conveyed, and any discussion that may arise out of it, will advance the best interests of the Company.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

(Continued from page 29.)

IN addition to the Manchester Agency, branch offices were opened at Oldham by Mr. David Nield, of 4, Frank Hill Street; at Huddersfield by Mr. Arthur Orrah, of 3, Upper Head Row; at Plymouth by Mr. H. W. Balhatchett, of 5, Newport Street; at Liverpool by Mr. J. H. Tyson, of 8, Salisbury Street; at Birmingham, by Mr. G. T. Moore, of 102, Grosvenor Street; and at Banbury by Mr. Thomas Proverbs, of 10, Gutteridge Street.

In each case the local representative of the company proceeded on pretty much the same lines as Mr. Macleod, the Manchester agent, had done. Intending shareholders were encouraged in the belief that houses would be erected for their occupation, if not in their own district, certainly in their own town. Undoubtedly the most attractive features presented

were: (1) the promise of a house complete and self-contained within itself; a small house replete with all sanitary appliances and domestic conveniences—not a section in a huge block of buildings, such as some other excellent societies were erecting; (2) the prospect of the house becoming the absolute property of its occupier at a very trifling cost to him above the sum usually paid as rent for inferior accommodation; and (3) the exclusion of the sale of intoxicating liquors from the Company's property.

A local interest was excited in the Company by social gatherings of the shareholders and their friends, as well as by the circulation of prospectuses and papers by the several agents. The prospectus was headed with the question 'WHY PAY RENT?' and great prominence was given to the facilities afforded for working men to become their own landlords.

On the 7th of May, 1869, a soirée was held at the Industrial Hall, Upper Medlock Street, Manchester, the Rev. J. G. Lee being in the chair. A report of the operations of the company was presented to the meeting, in which it was stated that

'Unlike other so-called building societies (which are practically societies for borrowing and lending money merely) the Artizans' does not lend money, but it builds houses. In doing this, it finds employment (or gives the preference of employment) to its members. They again co-operate by doing the work by contract, and share, in proportion, with the society the profits of each contract.'

Letters were read from Earl Shaftesbury, (regretting that Parliamentary duties prevented his being with his Lancashire friends;) from Mr. Morrison, M.P., Mr. Bailey, M.P., Mr. Bazley, M.P., Mr. Jacob Bright, M.P., and Mr. Charley, M.P. the last of whom wrote:

'The objects you have in view are certainly excellent, and if you can succeed in lowering the death-rate of Salford, you will wipe out a standing reproach to the borough.'

Mr. J. S. Lowe, director, Dr. Syson, and Mr. Macleod addressed the meeting.

On the 8th of May, a similar meeting was held in Huddersfield, and reported in the *Examiner* of the 15th, with Mr. J. Woodhead in the chair. Letters were read from Mr. Morrison, M.P., Mr. Leatham, M.P., Sir John Ramsden, and other gentlemen.

Mr. Lowe, in the course of his address, said:

'In making the purchase of a house, the solicitor's fees, the surveyor's fees and other incidental expenses to such purchase, were spread over a term of years with the rent of the house. When a house was erected, its occupant was only asked for the quarter's rent when it became due, and if anything occurred that such an occupant wished to leave his house, he could recover back the money paid in during the three, four, or five years. No member would have to pay a single penny towards expenses before entering upon the enjoyment of the house. That was a working-man's association.'

Mr. McLeod and Mr. Swindlehurst followed, and explained what was being done in Salford. The latter gentleman promised the meeting that Huddersfield would be the next place where building operations would be commenced. But although land was purchased in that town it was re-sold, and the Huddersfield shareholders never had an opportunity of enjoying the

houses promised them, some differences between Mr. Orrah, the local agent, and the Board, led to the proposed scheme being abandoned, and a large number of shareholders were subsequently bought out.

On Tuesday, 6th of July, 1869, a semi-official inspection of thirty-eight of the Salford houses, then completed, was made on behalf of the Salford Corporation by Thomas Davies, Esq., mayor, and several members of the corporation.

The *Salford Weekly News* of the 10th., said:

'The shareholders have been the builders, and the manner in which they have done their work is most creditable to them and to the company which supplied the materials. There are three classes of houses, which will vary in cost from £110 to £180. The workmanship throughout the buildings is excellent, and in every respect the houses are superior to the class of houses generally provided for the working-classes. The brickwork is said not to be surpassed in the neighbourhood, and the woodwork, which is strong and substantial, has been highly spoken of by competent persons who have inspected the property.'

The Third Annual Meeting was held at Radley's Hotel on the 9th. of Feb., 1870, Mr. Lowe, deputy chairman, presiding in the absence of Mr. Bennet. According to the Report presented, the share capital had increased during the year from £1,810 to £3,014; and the deposits from £1,690 to £5,285. The share-list numbered 957, against 649 at the previous meeting.

The Report states that the existing trade strike, while it had interfered with the erection of the new Town Hall, Manchester, had not affected their work at Salford; and it goes on to say that:

'It has been justly thought a great thing to enable workmen to buy houses for themselves; though workmen's houses are generally unsuitable and undesirable. But this Company enables workmen to build their own houses, to put their pride as workmen into their work, and to erect well-arranged and honestly-built houses, such as would delight Mr. Ruskin by their thoroughness of workmanship.

'But no Report, unless of unusual and indefensible length, would suffice to explain and enforce all the beneficial features of the Artizans' and Labourers' Dwellings Company. Your Directors restrict themselves now to mentioning but two other points. With all the commercial judgment and abundance of wealth at the command of the Waterlow and Peabody administrations, the utmost they have been able to accomplish is to put the working-man into the *occupancy* of rooms, which cost him two shillings per room per week, while this Company puts him not only into the occupancy, but into possession, into the actual *ownership*, of a five-roomed house, exclusive of a scullery, at a cost of less than one shilling and twopence per room per week, the payments to extend over a period of 14 years. There can, therefore, be no question as to the advantages which this Company, by efficient commercial and co-operative management, confers upon the Artizan and Labouring classes; and the Directors, therefore, appeal not only to the working-class to extend the Shareholders of the Company among their own order, but also to the higher classes to augment the *Share Capital*, so that the Company may be able to do more to meet the *graves*, need of the day, the increase of good working-class dwellings, in which health shall be sure, and morality possible. The security the Company can offer in Houses and Land is of the most solid, unchangeable, and unspeculative kind. The experience of the Company shows there is good certainty of fair interest, and they believe there is no doubt of the willingness of the wealthy to aid the objects of the Company, if its features, administration, and success can be sufficiently made known.'

The adoption of the Report was moved by the Chairman of the meeting, seconded by Mr. C. Young, and supported by

Mr. W. J. Bennett (chairman of the board), who regretted that he was unable to arrive at the commencement of the meeting, but was pleased to have another opportunity of meeting the shareholders. During the year

they had had a great deal of hard and anxious work. In the first place, their capital was very small, and they had had great anxiety arising from the fact that every week wages had to be met. He must say the Secretary had been most anxious and careful on behalf of the Society. They had met every engagement. As a *practical builder*, he had opportunities of watching the expenditure of the Company, and was pleased to say great discretion and economy had been exercised.

The whole Board resigned, but offered themselves for re-election.

MR. MACLEOD (of Manchester) proposed, and MR. WEBSTER seconded, a proposition that the election should be by ballot.

MR. BENNET, MR. PEARCE, and another shareholder, were elected scrutineers.

MESSRS. WEBSTER, GRANT, and WALTON, were nominated to seats at the Board, and it having been decided that only five Directors should be elected, the scrutineers collected the proxy papers, many of which were in the hands of the Local Agents; and on the votes being counted, it was found that the following gentlemen were elected:

MR. ALFRED ARMSTRONG WALTON,
MR. JOHN SHAW LOWE,
MR. JAMES RUFFEL,
MR. W. ROYSTON WEBSTER,
MR. CHARLES G. GRANT,

and that—

MR. W. J. BENNETT,
MR. CHARLES YOUNG,
MR. WILLIAM AUSTIN,

members of the old Board, were *not* re-elected.

In the evening a *soirée*, attended by about 550 shareholders and friends, and presided over by Earl Lichfield, was held.

LORD LICHFIELD, in the course of his speech, said:

'As far as I understand the principles of your society, they are that you invite persons to become shareholders who wish, by habits of prudence, to put by a sufficient sum to secure themselves in the possession of houses, built by themselves. (Hear, hear.) That is, as I understand it, the object you have in view. By the way in which you set about it, it appears to me that you secure that object at a very economical rate, and that you certainly insure the work being better done than it would be under any other system of management. With regard to the co-operative movement in general, I think it is as yet in its infancy. (Hear, hear.) And I think that it requires greater experience than we have yet had in it, to speak very confidently as to the results it is likely to bring about. All I can say is that I do most sincerely desire that those results may be such as have been contemplated by its promoters; and I am satisfied of this: if the working classes themselves will take an intelligent and deep interest in the affairs of such a society as you have established, there is little doubt but that it will have the most successful results. (Hear, hear.) But at the same time, if there is one thing more than another against which you ought to guard yourselves, it is allowing any part of the management to get out of the hands of those interested in it.' (Hear, hear.)

The EARL OF SHAFTESBURY said:

'Allow me to say that my condition is precisely that of my noble friend Lord Lichfield. We do not come here professing to know all the details in the management of your society. . . . I am exceedingly glad that your movement is for workmen to construct their own houses; I am very anxious you should have your own houses; and I wish very much to see, if possible, the houses separate and apart, that every man should have his little domain to himself. The construction of model lodging-houses has been productive of enormous benefit, but then, you see, we were taking a course that we were driven to under the necessity of the case. In large capitals we must congregate as many as we can upon a small space; but, if you

can by any means get your houses to yourselves by going to the suburbs, do so, that there may be no doors jostling one another, and no quarrelling who shall keep the stairs clean. (Laughter.) In other things of that sort keep your houses to yourselves, and then you will institute and maintain that which I hold to be the mainstay of British Society, and more particularly the mainstay of the great mass of the working people, the retirement, the isolation I may almost say, of the domestic system. I know nothing that is so beautiful, so refreshing, or that gives one so much hope, as to go into the cottage of the working man and see everything tidy and clean, the wife dominant, as she ought to be, in the house.

'Gentlemen, there is one great principle which you know how to reduce to practice, and may it be the motto of us all, "Live and let live." Let us live in each other's esteem by mutual assistance and co-operation, knowing that we are citizens of a common country, and that we are looking to that higher citizenship of the great and immortal country in the world to come.' (Loud and prolonged cheering.)

LORD ELCHO said:

'When Mr. Swindlehurst came and asked me to become an arbitrator I put it forcibly to him:—I said, "Clearly understand, all I profess to do is this—it is an admirable institution and I hope it will succeed, and being a great friend to arbitration for the prevention of strikes, I with those other gentlemen shall be happy to act as arbitrator." Two years ago I suggested that too much prominence should not be given to our names. At the same time, I believe the affairs of the society are admirably conducted, and if they are not you yourselves are to blame. The principles of the society seem to be thoroughly sound, and if it is not managed well it is your own fault.'

The REV. H. SOLLY said:

He found it stated in the report that with the excellent management of the Waterlow and Peabody buildings this company had been able to provide dwellings at even a cheaper rate. With regard to co-operation generally, it had been said that the grandeur of civilisation rested upon labour, and that the labouring classes were the great foundation, if not the top ornament, of the superstructure of wealth existing in the country.

(To be continued.)



SANITARY HOUSE CONSTRUCTION.

PROFESSOR CORFIELD ON HEALTHY HOMES.

A LECTURE AT THE SOUTH LONDON WORKING MEN'S COLLEGE.

ON Tuesday, February 4th, Mr. Mark H. Judge presided at a meeting of the members and friends of the college assembled to hear a lecture on 'Healthy Homes,' by Dr. W. H. Corfield, Professor of Hygiene and Public Health, University College. After a few remarks on conditions of soil, etc., and especially on the importance of a dry foundation, Professor Corfield passed on to speak about ventilation; he insisted on the necessity of having a fresh-air inlet in every room, as otherwise air comes in through crevices of windows and doors, causing draughts. Some very good and simple inlets are provided by the plan of Dr. Hinckes Bird, which consists in merely placing a bar of wood below the lower sash of the window, so as to raise it a little, and leave a space between the middle bars of the window, through which air enters; by the Charrington valve, or even by a hole in the wall, with a slanting board fastened in front of it, to prevent down draughts; and by the system of vertical tubes known as Tobin's;—in all these cases to the entering air is given an upward direction, and no draught is produced. The admission of fresh air in sufficient quantity will also often cure a smoky chimney. Ventilators for the exit of foul air are less

necessary, as a general rule, as the chimney flue is usually sufficient; in crowded rooms, and where much gas is burnt, they are, however, essential, and the gas-jets may be used to produce up-currents in exit shafts, and so to aid in the ventilation instead of contributing to the impurity of the air.

The advantages of a constant system of water supply were insisted on, and the dangers arising from filthy cisterns, and especially from having the overflow pipes of water cisterns connected with the drains, were pointed out. Professor Corfield had traced many cases of enteric fever, and of other diseases, to this cause. One of the most important conditions necessary for health in the house was the immediate removal of all refuse matters, and this, with exception of the 'dust,' was best done by sewers, as if collected about the premises it becomes a nuisance. It was very important that the main sewers in the streets should be well ventilated, so that foul air might not accumulate in them; the house-sewers (or drains, as they are more often called) should not be built of brickwork, as that was porous, and allowed foul water to escape and poison the soil under the houses, but they should be of glazed stoneware pipes properly jointed; there should be a water-trap between the house and the main sewer, and an air inlet into the house-sewer between this water-trap and the house, wherever that was practicable; the house-sewer should also be ventilated at its upper end, preferably by a pipe rising above the eaves of the roof. The soilpipe which receives the refuse from closets should be ventilated by being carried up above the eaves, and merely covered with a conical cap; it may often with advantage be disconnected from the sewer below by a suitable contrivance. The closet apparatus should be as simple as possible, pan closets being especially objectionable. All waste-pipes from sinks, baths, and cisterns, and from the lead trays under w.c.s. and baths, should be quite disconnected from the house-sewer, and end in the open air; the rain water pipes should also discharge over the yards; syphon gullies should be used instead of the common bell-traps, which are very dangerous contrivances, and should on no account be allowed inside houses.

The lecture was illustrated by numerous specimens and models of Sanitary Apparatus from the Parke's Museum of Hygiene at University College.

Mr. Mark H. Judge in conveying the thanks of the meeting to Dr. Corfield for his lecture, expressed his regret at the absence of Sir James Clarke Lawrence, M.P. for the borough, and president of the committee engaged in establishing the Free Public Library in connection with the College. Had Sir James been present, he would have told them something of this undertaking which was so likely to prove beneficial to that part of Lambeth. The library and reading room were open free every day, without exception, to both men and women. Those visiting the rooms had the privilege of choosing from upwards of one thousand standard works, in addition to a collection of papers and periodicals second to none in London. The cost of maintaining this institution, which was quite distinct from the College, was at present borne by the committee, but it was to be hoped that the artisan readers would themselves give of their means such small subscriptions as they could afford. It would be very satisfactory to see a long list of small subscriptions, say of sixpence or a shilling each, in place of the few handsome donations of their wealthy friends. Such a subscrip-

tion list would be a practical way by which the readers could testify to their appreciation of the efforts of the committee. Referring more particularly to the subject of the lecture, the chairman said it was more important than attractive—it was therefore gratifying to see so good an attendance. As education advanced there would be more inquiring into the immediate surroundings amid which we live. Now it is too often the case to neglect such matters as drainage, until, for decency's sake, it is absolutely necessary for something to be done. Such lectures as they had heard that evening should be repeated and repeated until everybody was brought to a sense of their duty in this matter. It would be difficult to measure the extent of the evil that exists in and around London in consequence of improper drainage. They had all seen the kind of structures that were being erected, by the hundred, in the suburbs of London—houses that were a disgrace to the age that permitted their erection. Where these houses could be seen and examined after completion, they were miserably deficient in the essentials of good construction and design. What then was the likely condition of such matters as drainage, which was out of sight, in houses built for no other purpose than to sell? This question was one of more than personal importance; the public health was in peril. The first duty was of course to see to our own homes, but we each and all had a duty beyond that, and even for our own sakes it was desirable that we should do all we could to diffuse such knowledge as was necessary to the construction and maintenance of healthy homes.



HYGIENE.

THE HYGIENE OF READING.

BY DR. JAVAL.

DIRECTOR OF THE LABORATOIRE D'OPHTHALMOLOGIE À LA
SARBONNE.

(Translated by J. H. M. Holt, for 'House and Home,' from the January
number of 'Annales d'Hygiène Publique'.)

AMONG the different occupations of the sight it is generally considered that reading is one of the most fatiguing. First, I shall show that this popular opinion is well founded; and then, when I have examined the causes of the general fatigue during long and continuous reading, I shall endeavour to state the conditions of reading with uninjured eyes for almost an indefinite time.

I. During the whole of a day the retina is able to perform its functions without undergoing the slightest fatigue. Indeed, in hunting or travelling we can gaze around for entire days and never weary our eyes in the least. But this is not the case when the sight is applied to objects near us. Draughtsmen, writers, workers of precision or dressmakers, and those who are daily occupied for numerous hours at their work-table, all more or less are liable to fatigue their eyes, and to become short-sighted. A prolonged application of the sight to objects within short distances is consequently a cause of this fatigue so generally recognised that no one is led to doubt it. But it is no reason for accepting as an axiom the hurtful influence of

near objects; *a priori*, we do not foresee this fact, which we must admit at first as merely experimental. The greatest authorities consider that most, if not all, of the fatigue produced by a prolonged vision of near objects is due to the tension of the internal upright muscles of the eye. Accordingly, by a permanent straining of the visual muscles the fatigue of the *littérateur*, the artist, and the worker of precision must be explained. But this fatigue, and the myopy* that so often follows it, attains a more remarkable degree of frequency and intensity among readers than among workmen engaged in the closest labour. I do not refer you to statistics to demonstrate this, although they would support my thesis. I appeal to your memories. I am confident no doubt can exist if you think of the most diligent artisans, dressmakers, and artists you have noticed, and take the trouble to compare the number of myopes among them with the number of myopes† among the savants you know. Are there many librarians who are not short-sighted? Are many myopes found among dressmakers? For another example you may go among the writers in the office of a journal: there the myopes are in a majority; but proceed to the compositors, and the proportion is reversed; nevertheless, the compositors and also the dressmakers generally furnish a more effective number of working hours than the most laborious of literary men. You may remark further among the *littérateurs* a greater frequency of myopy among those who read a great deal. The compiler is more liable to become short-sighted than the poet, dramatic author, or musical composer.

II. Why is reading a particularly fatiguing exercise? In the first place, reading requires an absolutely permanent application of the sight. The artist, the writer, and even the artisan, pause in their work every moment to reflect, while the reader does not give a moment of rest to his eyes. A permanent tension of the muscles of the eye results, which produces fatigue and progressive myopy. A dressmaker only requires the whole of her attention at the moment the needle enters the cloth. A printer only looks at the type at the time he selects it, but the reader perceives for hours without intermission the words pass before him. In the second place books are printed in black on a white ground, and the eye is consequently always presented with the greatest contrast imaginable. A third particularity is the arrangement of the characters in horizontal lines over which we run our eyes. If the head and the book are both held perfectly motionless while reading, the lines of print successively strike the same parts of the retina, while the brighter spaces between them constantly also affect the same places on the retina, and in consequence a fatigue must be felt analogous to that experienced in regarding 'accidental images,' and physicians will agree with my assertion that nothing is more fatal to the sight than the prolonged contemplation of these images. Lastly, I wish to direct particular attention to a fourth circumstance, which I have reserved till the end of this analysis, as it appears to me to exercise the most important influence in causing progressive myopy. I mean the continual variation which the distance undergoes between the eye and the point on which it is fixed, however close the book may be held to the face. A simple calculation would show that the visual apparatus undergoes a variation

* Shortsightedness.

† Short-sighted persons.

proportionate to the passage of the eye from the commencement of a line to the end, and that this variation is increased as the book is held closer or the lines are longer. To avoid this variation of the muscles of the vision, those persons who are very short-sighted will constantly move either their head or the book; but before the instinctive discovery of this salutary movement incalculable numbers of short-sighted persons inflict on their sight an irremediable injury. If they only consider that it is easy to read a hundred lines in a minute, and that this speed necessitates a hundred contractions of the ciliary muscle in the same time, they cannot be surprised that progressive myopia is the unhappy privilege of literary men.

III. In the order we have followed above let us review the causes of the fatigue during reading which we have just examined, and consider the means which are necessary to diminish the injury to sight. As regards the permanent application of the eyes, I would advise an avoidance of excess in reading; take notes or pause for the purpose of reflecting; but never read for hours without interruption, however slight a fatigue you experience. As to the contrast between the white of the paper and the black of the characters, M. Fienzal has recommended the use of blue glasses. I think it advisable myself that classical books should be printed on yellowish paper. But the nature of the yellow is not an indifferent matter. I should prefer that yellow which results from the absence of blue or violet rays, similar to the colour of the paper which is made from the pulp of wood in Austria, to which they add very wrongly ultramarine to correct it, for this last produces a blue, not a white. I found my preference for yellow on the experience of certain editors of breviaries, and also on the practice of type-founders, whose 'specimens' are generally printed on yellowish paper. Theoretically, it seems to me that, as the eye is not a chromatic; the vision would be clearer by suppressing one of the extremities of the spectrum furnished by the colour of the paper. As red could not be suppressed without having the paper of too rich a colour, which would be quite unbearable by gas-light, I would choose a paper reflecting blue and violet more faintly than the other colours. The paper manufactured from wood, which I mentioned above, fulfils these conditions. The third of our desiderata leads us to give the preference to small volumes that can easily be held in the hand, which is sufficient to prevent the absolute fixity of the volume, and the fatigue resulting from 'accidental images.' Lastly, my fourth observation induces the same conclusion; we should choose small volumes in order to avoid too great a length of the line; and, for the same reason, we should prefer journals with narrow columns.

IV. I will here conclude my hygienic advice. It is perfectly known that we should never read when we have not sufficient light; and the injury to the eyes in consequence of small printing is also admitted. You are also aware that those whose sight is easily tired are affected almost always by astigmatism, and should seek some competent advice. I need not enlarge upon facts so generally known.

CHRISTIANITY.

'It may be well said of many who would be displeased with you if you did not call them Christians, that had some of the ancient heathen sages lived to the present day, to see their abominations and vices, they would have despised that faith which produced no better works.'

PROFESSIONAL HYGIENE—THE PRINTER.

(Translated for 'House and Home.')

M. MACARIO, of Nice, in one of his very instructive letters published in the *Gazette Medicale*, of Lombardy, says: I class these artisans amongst the intellectual professions, for they are generally educated, and sometimes to a remarkable degree. This profession, indeed, has given illustrious men, such as Franklin, Ballanche, Etienne, Didot, Aldes, Bedoni, Louis Perrin, Mame, Hachette, Bracea, Trevel, and so many others who have honoured their countries.

However this may be, the typographers are compelled to stand on their feet all the day through, to read the manuscripts, to have the eyes constantly fixed on the case containing the printing types which guides them in classing the letters, and to breathe the dust of those very types, and which is composed of zinc, antimony, and lead.

From these causes are engendered maladies peculiar to the profession.

The standing position predisposes to varicose veins in the lower limbs.

The reading of the manuscripts and fixing the nicks of the printing types, are the cause of weakening the sight.

The dust which they continually breathe, together with the inclined position of the thorax, originates disease in the respiratory organs, and often occasion phthisis, especially should there be a predisposition to that malady.

This is not all. The dryness of the throat, promoted by the dust above mentioned, leads the artisans to drink to excess; and, in the long run, not content with wine or beer, they have recourse to spirits, and thus the various evils of the abuse of alcohol are added to their other difficulties.

In the great centres of population, the artisans employed at the printing-offices of political daily papers are obliged to make day of night and night of day, and induce thus other categories of maladies.

What should be done to obviate all these sources of misfortune?

To prevent the varicose veins, elastic stockings should be used. The introduction of dust into the respiratory organs can be avoided by the use of damp linen in the mouth and nose, attached by a strap behind the head, and now and then pulmonary gymnastics should be practised by performing deep inspirations.

Lastly, as soon as the sight becomes weak or fatigued, the eyes should be bathed several times daily with the following solution, which has already given good results in such cases:

Water	100 parts
Common Salt (kitchen)	10 „
Cognac Brandy.....	12 „

The typographers on daily papers ought to arrange so as not to work more than two, and at the utmost, three nights weekly.

These precautions, no doubt, are tiresome, but with a good will and perseverance they are sure to become of easy execution in virtue of the axiom—"Habit is a second nature."

DIETETICS.

BY VIATOR.

(Continued from page 21.)

[This original treatise promises to be a valuable contribution to the discussion of an important question. It is suggestive in its matter and somewhat novel in its method. As some of the topics introduced are disputed ones, it cannot be expected that anything like unanimity of opinion will exist among our readers upon them.—ED.]

CHAPTER I.

It will be evident to all reflecting minds that before we can fix or determine with any degree of accuracy the proper food of man, we must possess a thorough and practical knowledge of his organic structure, and that this desideratum can only be attained by a patient, conscientious study and adjustment of facts. To the attainment of this desired end we undertake a brief review of certain leading characteristics.

Hitherto the elements of science have been so few and scattered, that it were almost an impossibility to arrive at any satisfactory conclusions respecting the nature of man; but the impetus recently given by the researches of such men as Darwin, Huxley, and Hæckel, places the desired knowledge within easy reach of every attentive student.

All previous attempts at laying down a scientific basis for regulating the quality and quantity of the food for each individual being have failed, because of the lack of that absolute and practical knowledge so indispensably necessary to the orderly arrangement of this most important branch of our daily life. Instead of looking to the adaptation, constitution, and general construction of the body, and from this view deducing the necessary substances for repairing the waste and building up the body, it was customary for physicians of the old school to consider only the chemical composition of the body, and then to recommend such foods as contained the substances or were calculated to produce them in the living body. The falsity of such conclusions will, however, appear patent to every one of even average intelligence, and so long as the consumption of chemical substances is considered, to the exclusion of the natural abilities to digest and assimilate food, so long will we be made the objects and prey of disease, and participators in a false and erroneous doctrine.

The study we have to undertake is rather complicated in its range, as we have in the first place to collect, arrange, and classify facts from and by the aid of pure anatomy, and then to subject them to the light of comparative anatomy; for, while the former treats only of the physical structure of the body, the latter enables us to draw scientific conclusions from the facts so gathered.

In our introductory chapters we remarked that there will be found a very considerable amount of harmony existing between the physical structure of any animal and the food for which that animal has been adapted. And the force of this assertion becomes more potent the further we penetrate into the animal system; yet we are of the opinion that this relationship is nowhere more visible than in the teeth and extremities. In strict logic this must be so, for since the animal cannot subsist without means for obtaining the required support, there must be a correspondence between the internal apparatus and the faculties

which provide the necessary nourishment. If this conclusion be admitted as true, we may fairly assume that the organic structure of all the genera and species of animal life indicates the food best suited to the respective classes; and, instead of arranging animals, as the zoologists of the old school did, according to purely external appearances and without any scientific system whatever, we may classify them according to the quality or kind of their food. And since the food partaken of by all animals is either of a vegetable or fleshy nature, we may divide the whole animal kingdom into two great classes, viz., the *Phytophaga*, or vegetable-eaters, and the *Zoophaga*, or flesh-eaters. To the former division belong the Herbivora, the grass and herb eaters; the Granivora, or grain-eaters; the Frugivora, or fruit-eaters; the Rodentia, or gnawers; the Edentata, and the Ruminants. To the second great division belong the land and sea Carnivora, Omnivora, and Insectivora.

We are now positively assured by the most irrefragable evidence that man has been evolved from the anthropoids, and that there exist the clearest signs of connectional ties between the higher forms of animal and that of human life. And since, as we have endeavoured to point out, there is an unmistakable harmony and identity existing between the organic structure and the food of every animal, there must necessarily be the same conformity recognisable in the human economy.

But before entering upon a description of the anatomical construction of man, let us first endeavour to make good the assertion that there is a relationship between the digestive apparatus, the food, and the manner of living of each class of animals as divided above. And first, with respect to

THE HERBIVORA.

These subsist upon grass and herbs, and have in all thirty-two teeth. In the lower jaw there are eight incisors, articulating with which there is a bony process at the front of the upper jaw. At the back of the incisors and the bony protuberance there is a toothless space, followed by six molars in each half of both jaws, the larger being situate at the back. The incisors are very sharp, curved, and shovel-formed. The food corresponds with the structure of the teeth, and consists of grass, flowers, weeds, and water-plants, and is torn from the stalk by the incisors and ground between the molars by an obliquely lateral motion of the jaws.

THE FRUGIVORA AND GRANIVORA.

The food of these classes is fruit and grain, the kind of which is determined according to the locality which they inhabit. In each jaw there are four incisors, two pointed canine teeth, four small and six large molars. The canine teeth project a little beyond the other teeth, and fix in a space in the lower jaw; the other teeth act uniformly. On the surface of the small molars there are two blunt projections, and on the large, four. To those classes belong the orang-outang, chimpanzee, gorilla, and the entire monkey family. Here, it will also be observed, there is the most perfect harmony between the teeth structure and the food selected by these classes.

THE RODENTIA.

This class is the most peculiar of all animals. In each jaw there are two teeth remarkable alike for their strength and

length, and which occupy the place of the incisors and canines. Then follows a *diastema*, or toothless space, and four, sometimes five, molars. When the molars are rough on the surface, the animal partakes of a vegetable, and when pointed, an insectivorous, diet. To this class belong the beaver, squirrel, porcupine, hare, and all kinds of mice; and their food consists chiefly of seeds and nuts; though there is another division of this class which live entirely on the roots of vegetables.

THE CARNIVORA

are entirely different from the herbivora, and are characterized by a peculiar tooth, the long, pointed canine, which is wholly wanting in the vegetable-eater. As this tooth is more or less prominent, the animal is more or less of a carnivorous nature; and as this distinguishing feature becomes less visible, the animal sinks into the class of phytophaga. In the feline species the carnivorous character is most developed, as is widely known, and the fact that the incisors, six in each jaw, are small and undeveloped, while the canine is so large and prominent, more resembling a projection of the under jaw than a tooth, is sufficient proof of the validity of our assertion. There are three molars, very sharp, and crowned with three points, and the motion of the jaw is vertical only. In other sections of the carnivora, the form of the teeth is somewhat different; the number of molars is increased, they are more developed, and the power of mastication is thereby improved; while the canines do not attain to so great a size. This latter feature is particularly noticeable in dogs and wolves, while in the bear family these traits are more marked still. In the bear family the canines are less, and the incisors and molars more, developed; which, to be in harmony with our previous conclusions, would indicate a nearer approach to a fruit and vegetable diet, and it is well known that bears are exceedingly fond of fruits, berries, milk and honey.

THE OMNIVORA.

The teeth of this class show an amount of consistency with their food; and though we observe a remarkable development of the canines, it would appear that their chief office is to attack and defend. While in the

INSECTIVORA

the canines are not largely developed, the molars are crowned with small eminences, for the purpose of crushing insects; yet this class may be more properly related to the root-eaters than to the carnivora.

THE HUMAN FAMILY.

We would now direct attention to the teeth of man; and, after a brief description thereof, we will endeavour to point out the same harmonious relationship between the structure of his teeth, and his most proper food and habits of life, as exist and obtain with other animals.

The human teeth, in their complete state, number sixteen in each jaw; viz., four incisors, two cuspidati or canine teeth, four bicuspidati or false molars, and six molars. The incisors are broad, chisel-shaped, with a slightly serrated, cutting edge;

the canini are strong, and nearly round; the bicuspidi have a roughened groove on their grinding edge, with two points; and the molars, situate farthest back, are crowned with four points on their masticating surface. The articulation is perfect, every tooth meeting, in a uniform manner, with the opposing teeth of the other jaw.

Having briefly noticed the characteristics and the structure of the teeth of men and animals, we are now in a position to institute a comparison, and to draw some practical conclusions from the facts so gathered. The nearest approach to man, with respect to the masticating apparatus, as we have seen, will be found in the anthropoids; for there is a perfect agreement between them, both as regards number, arrangement, and general order of formation; and the fact that every tooth meets its opponent, there being no intervening spaces, is proof that man stands at the head of both frugivora and granivora. The canines of both men and anthropoids are rough and cartilaginous where they unite with the gums, while those of the carnivora are both smooth and sharp. The office of the canines of man seems to be the cracking and bruising of certain articles of food; while the canines of the carnivora are used continually in seizing and tearing flesh. And, admitting the proposition as true, that the structure of the teeth of animals fully indicates the nature of the food for which they are best suited and adapted, we must likewise submit that man is not designed for a flesh-eater, but that his best and most natural food is a frugivorous diet, consisting of fruits, grains, and vegetables.

But there are many more interesting sides to this anatomical argument necessary to be dealt with, before the whole truth can be elicited. To these we must turn our attention in our next. Meanwhile, we solicit a careful perusal of the facts herein presented, and request a still further patient and impartial hearing while we discuss this most important of all subjects connected with the human economy.

(To be continued.)

ON THE PRESERVATION OF ANIMAL STRUCTURES.

BY DR. B. W. RICHARDSON, F.R.S., &c.

On the 10th instant Dr. B. W. Richardson delivered before the Society of Arts the concluding lecture of a course on putrefactive changes in reference to the preservation of fresh meats during lengthened periods and under varying and difficult climatic changes. His conclusion, as the result of experiments, was that meats of any kind could easily be preserved fresh for at least fifty days, and that coal gas would prove the best means of conveying the preservative agents. In considering the relative value of animal and vegetable substances as food, the lecturer said it must be admitted that vegetable food had the advantage of cheapness, and in many respects was to be preferred, so far as feeding qualities were concerned; but, on the whole, he thought that, in existing circumstances, animal and vegetable foods were best suited to mankind when taken in combination. He was not sure that the difficulties attending an extensive, if not universal use of vegetable food were

insurmountable, but an inquiry was demanded on the point whether the transmutation of vegetable food now obtained by the digestion and passage of the blood into the tissues of lower herbivorous animals might not be effected by chemical processes apart from the intermediate animal altogether. There should, he thought, be no difficulty, except the labour of research, in so modifying food taken from its prime source as to make it applicable to every necessity, without the assistance of any intermediate animal at all. Changes quite as difficult had been accomplished by scientific research in the laboratory. Let men of science look at this problem. Let them, in patient research for a few years, follow up the artificial digestion and condensation of vegetable foods by synthetical imitations, and assuredly the perfect production of perfect food from the vegetable kingdom, without the aid of the intermediate lower animal, would be another triumph of science over nature. In the presence of such a development, food of the best kind would become the cheapest of all products, and would be so under the control of man that new races of men, constructed on better food than has ever yet been prepared, would rise up to demonstrate the greatness of the triumph by their improved physical endowments and their freedom from diseases, which must always occur so long as other living animal bodies were demanded for the reconstruction of the human body. A vote of thanks was awarded to Dr. Richardson for his address.



THE ADULTERATED FLOUR CASE.

ON the 8th inst., Mr. B. D. Bühler and Mr. C. L. Steitz again appeared before the Lord Mayor at the Mansion House, in answer to the adjourned summonses.

The only evidence of importance respecting the nature of the 'flour' was given by Mr. Charles Thomas Dall, who said he was a foreign and colonial merchant. In December he received a communication from Mr. Alexander, which he had since destroyed. The letter requested him to go and to report on certain stuff 'as to its value, and stated that the owner would accompany him. The sampling order which accompanied the letter was signed 'Steitz and Co.' At that time he had never seen Mr. Steitz. He went to the Wool Wharf alone and inspected the stuff, and valued it at 5s. per cwt. He found it was not flour, but it suggested itself to his mind as adaptable in the manufacture of paper, pasteboard, and bill-posting. [How would plaster of Paris paste answer for bill-posting?—Ed.] He did not represent to Mr. Alexander that it was fit for human food, and worth more than 5s. He acted to the best of his skill and ability. He did not discover that it was mineral matter. There might possibly be flour in it. He knew it was not flour. He did not discover it to be plaster of Paris or chalk.

Mr. Dickinson, hop merchant, and other gentlemen, said they knew Mr. Bühler, and had always considered him an honest and honourable man; and Mr. Offert, a lamp importer, of Little Trinity Lane, spoke to the character of Mr. Steitz.

The Lord Mayor adjourned the further hearing of the case till Saturday, the 8th inst., but on that day Mr. Straight, who appeared for Messrs. Bühler and Steitz, declined to call any further evidence, preferring to leave the matter in his lordship's hands.

The case was further adjourned until this day, on the understanding that the defendants would then be committed for trial, the Lord Mayor promising to consider whether the prosecution should be undertaken by the City authorities.

DEPENDENCE.

'Dependence is a poor trade.'

DOCTORS.

'An ape may chance to sit among the doctors.'

BREAD AND ITS ADULTERATIONS.

EXPERIENCE has everywhere shown that bread made from cereal grains contains more of the essentials necessary to the support of adult human life than any other article of food. To the cereal grains may be added buckwheat, which, although belonging to a different family of plants, is nevertheless in its composition analogous to the cereal grains. Bread is made either by fermentation, or by forcing in carbonic acid, or by forming carbonic acid in the dough, which consists of flour mingled with water. In the manufacture of ordinary fermented bread alum is added, ostensibly to prevent excessive fermentation, but this salt also possesses the quality of incorporating an excess of water, and thus increasing the weight of the loaf. In making bread by this process the proportions are 20 lbs. of flour, 8 or 12 lbs. of warm water, 4 ozs. of yeast, a little mashed potatoes, and $1\frac{1}{2}$ or 2 ozs. of salt; $6\frac{1}{2}$ lbs. of dough should yield 6 lbs. of bread. Carbonic acid is also disengaged by mixing soda and acid (cream of tartar or tartaric acid) with the dough, or by the use of baking-powders, which are compounds of salts of sodium or ammonium, and tartaric, phosphoric, and citric acids. Aërated bread is made by forcing carbonic acid through the dough by means of pressure. A barrel of flour will make from 63 to 73 good 4 lb. loaves of bread. Good bread contains only 53 per cent. of water; all over this proportion is excess. The greater the amount of gluten in the flour, the more valuable it is, as it is easy of digestion and highly nutritious.

Variations in the quality of gluten may be due to the admixture of corn-meal, barley-flour, oatmeal, peameal, rye-flour, bean-meal, buckwheat-meal, potatoe-starch, and rice-flour. The chief adulterations are the various compounds of lime, as marble dust, plaster of Paris, chalk, bone-dust, alabaster-dust, mineral white, alum, pipe-clay, soapstone, and sulphate of copper.—*The Sanitarian*.



THE QUALITIES OF MILK.

At the Marylebone Police Court on the 7th inst, William Filby, of 80, Queen's Crescent, Haverstock-Hill, was summoned by Henry Spence, a sanitary inspector for the parish of St. Pancras, for selling a pint of milk, found on analysis to be deficient in butter-fat, and containing only 45 per cent. of that constituent.—Mr. Ricketts prosecuted for the St. Pancras Vestry, and evidence having been given, the defendant said he sold the milk as the cow gave it. It was a Dutch cow, and it was well known that Dutch cows gave a large quantity of milk, and that milk given by a cow in large quantities was not so good as that obtained from cows that gave a small quantity.—Mr. W. Rouch, senior inspector, was called, and said there was a difference in the richness of the milk from Dutch cows in comparison with that from English cows, but he did not think it would amount to 45 per cent.—Mr. Ricketts, in answer to Mr. Cooke, said he could not show that any water had been added to the milk, but there seemed to have been an abstraction of cream. The defendant said the milk had stood for some time, and the cream would go to the top, and be sold to the first customers. Mr. Cooke observed that the defendant should give notice to his customers that he was selling Dutch milk, for they expected good milk. It was not a case in which he could convict the defendant, and the summons must be dismissed.

It is also well known that cows largely fed upon brewers' or distillers' grains give a large quantity of milk, but of an inferior quality. The food not being perfect, the resulting milk is necessarily deficient in properties in a corresponding degree.

CHOLERIC.

'The choleric drinks, the melancholy eats, the phlegmatic sleeps.'

CURRENT OPINIONS AND EVENTS.

ON the 3rd instant Mr. Albert Grant (Baron Grant) presented to the Court of Bankruptcy a petition for liquidation, and his liabilities are estimated at £590,000. It would be interesting to know how many persons have been compelled to liquidate in consequence of their connection with companies 'promoted,' 'financed,' or 'aided' by the 'Baron.'

By a singular coincidence, an adjourned extraordinary meeting of the Shareholders of the General Credit Company (at one time called the Credit Foncier) was held on the 4th inst., Sir Cecil Beadon in the chair. The object of the meeting was the appointment of liquidators under the proposed voluntary liquidation of the company. One of the victims of the Foncier, the Countess Catherine Heinrich, put in an appearance, and immediately on the chairman taking his seat, the lady in a very excited manner said:

'I vote that I be allowed to point out the wrongs committed by the Credit Foncier. I have been ruined by the Credit Foncier. I am an Irish-woman, and have to sleep upon a straw bed in consequence. I am here to speak to honest men.' (Cries of 'Where are they?') 'The shareholders, I presume, are honest men, and I beg them as such to listen to me. I keep the Café Welcome, at 316, Edgware-road. I sell coffee for the purpose of supporting an aged mother, nearly one hundred years old, and three little orphans. When I entered the company I was mistress of £70,000; in six months I was worth nothing. Even the jewels that my husband gave me, and which I placed with the Credit Foncier, were pawned for £7,000.'

The Chairman said the matter had been the subject of arbitration, and had been decided. No good could result by Lady Heinrich stating her case to the shareholders.

The lady said that if the company were honest they would not object to an investigation. What had become of her 300 acres of land in Connecticut?

Mr. Webster said that if it was any satisfaction to Lady Heinrich, he would be happy to have the matter further investigated.

The lady said:

'A pretended arbitration, where falsehood, and perjury, and untruths were brought forward; an arbitration which ended in no fault being found with the Credit Foncier, but each party was to pay his own costs.' (Cries of 'Chair, chair,') 'If you will only appoint twelve gentlemen to investigate the matter, I shall be ready to consent.' (Hear, hear, and 'Chair.')

Sir Harcourt Johnstone, Bart., M.P., in speaking at Scarborough to his constituents on the 5th inst., said of Sir Wilfrid Lawson's proposal:

In regard to the Permissive Prohibitory Liquor Bill, he never had the slightest pressure put upon him by any of his constituents as to his vote on the question. He had taken counsel with himself, and had come to the conclusion that it was a right measure—he meant that of local option—for this country, indeed, for the Anglo-Saxon race. Then, people of their own race in Canada had passed a similar measure through both Houses of Legislature, and he could not help believing that a similar course would be beneficial to this country.

On the previous day Sir Charles Dilke addressed a meeting of his constituents at Fulham, when he declared that he would vote for Sir W. Lawson's local-option resolution, which, as far as he could make out, the whole Liberal party would support. This is a great advance for Sir Charles, and the step is one likely to do something towards uniting the Liberal party in Chelsea.

On the same evening Mr. Cowper Temple attended a public

dinner given in celebration of the re-opening of the Literary Institution at Lymington. In responding to a toast, he said that:

His experience of working men's clubs—and there were, he thought, about 800 in the country—was that they prevented working men from having to seek for recreation in publichouses, where they were obliged, whether they were willing or not, to pay for drinking spirits. Working men had often more leisure in evenings than their employers or professional people, who had generally to work in the evenings. Books were now cheap enough, but there were very few people in the country who had houses large enough to contain all the books they wanted, even if they were able to pay for them themselves. What was wanted was a variety of books, and, he thought, also, a variety of newspapers. (Hear, hear.) There was a proverb, beware of the man with one book; but he thought they ought to beware of the man with one newspaper. (Cheers.) He was an unfortunate man who only read one newspaper, as he would be disposed to think that at present we had the best possible government, that was doing everything in the best possible way, or else that we have—should he read the other side—the very worst possible government, that was doing everything in the worst possible way. Therefore they wanted a variety of all sorts of opinions brought before them, to enable them to exercise their judgment, and weigh the balance of opinion. He thought that in that institution people, however different their opinions, met on common ground and in harmony.

Our readers in search of a healthy district near London may be surprised to find that Erith enjoys an exceptionally low death rate; but Mr. F. B. Jessett, Medical Officer of Health, Erith, writes to the *Times* that:

'The parish of Erith has proved itself one of the healthiest districts that can be found, as the accompanying figures will amply verify. The death-rate in the year 1876 was 13·35 per 1,000; 1877, 13·5 per 1,000; 1878, 11·8 per 1,000.

The annual rates of mortality per 1,000, the week ending Feb. 1st., in the 20 English towns, ranged in order from the lowest, were as follow:—Plymouth 17, Portsmouth 19, Leicester 19, Bradford 20, Bristol 20, Brighton 21, Wolverhampton 22, Norwich 23, Sunderland 24, Leeds 25, Sheffield 25, London 26, Oldham 27, Birmingham 27, Salford 28, Newcastle-on-Tyne 29, Nottingham 29, Hull 30, Manchester 35, and the highest rate, 36, in Liverpool.

The accounts relating to the trade of the United Kingdom, for the month of January have been issued. They again exhibit a considerable decline both in our imports and in the exports of British and Irish produce. The imports for the month amounted to £26,367,046, against £30,609,956 in January, 1878, and £32,899,380 in 1877. The exports were valued at £14,196,518, against £15,423,911 in 1878, and £15,946,080 in 1877. About $3\frac{3}{4}$ millions sterling of the total diminution of $4\frac{1}{4}$ millions upon imports is due to the following commodities:

	Total.	Decrease.
Coffee	£417,876	£155,254
Wheat.....	1,866,634	558,270
Grain and meal ..	1,805,012	1,155,303
Cotton.....	3,870,531	703,628
Potatoes	43,078	97,787
Seeds	616,515	655,145
Tea	912,283	79,719
Foreign wines.....	276,527	174,235
Wood and timber	306,514	169,502

Refined sugar showed an increase in quantity, though not in value; and unrefined sugar an increase to the value of £13,911 upon a total of £1,434,429; tallow increased from £84,742 to £160,523; and wool from £1,061,086 to £1,340,423.

Regarding the exports, the decrease in the total estimated value is partially due to the lower prices which have prevailed. In coal and coke, although the export has increased from 1,012,542 to 1,047,369 tons, the value has diminished from £494,340 to £478,849. Copper shows upon a total for the month of £201,617, a decrease of £88,494 in value; and the following are the other prominent items of decrease:—

	Total.	Decrease.
Cotton yarn, etc.	£811,366 ...	£112,753
Cotton manufactures	4,078,946 ...	586,473
Hardware and cutlery	246,892 ...	31,823
Iron and steel.....	1,068,147 ...	196,291
Sugar	72,831 ...	41,782
Woollen and worsted manufactures	1,514,395 ...	37,532

It is satisfactory to note that haberdashery, etc., reached a total value of £344,011, being an increase of £40,768; linen manufactures, £551,336, an increase of £17,895; jute manufactures, £124,971, an increase of £12,988; steam engines, £218,921, an increase of £56,402; and silk manufactures, £183,831, an improvement of £43,320.



CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

* Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

HOUSEHOLD HOT-WATER APPARATUS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Number 3 of *House and Home* contains a letter from J. Gaskell on the above subject. In it he describes what he calls 'a much simpler mode of heating (I should say of supplying and distributing) water for baths, etc.'

His mode I consider far from safe or simple, if placed in the hands of those generally in charge of such an apparatus, for the following reasons:

More often than not the supply cock in the scullery would be left turned on, with the following results: If the bath has a hot-water stopcock, the exhaustion or expansion pipe would always remain full of water. A twelve to twenty-gallon boiler at the back of most ranges would be generally boiling, and the noise of steam escaping through sixty feet of water (the average height in London) would be unbearable, and, as a large amount of water would escape in steam and leave behind the limestone that it previously held in solution, the evil of encrustation would be very much increased, as a large amount of the stone would be deposited in the expansion or safety pipe.

If the bath should not have a hot-water stopcock, all the water in the cold water cistern would be discharged through the bath.

Then, so long as there is no need to draw hot water, the supply would be neglected, and the boiler in time would boil itself dry.

But if by neglect the hot-water pipes were not emptied some frosty night (and by Mr. Gaskell's method no provision is made against frost) the danger from this source would be as great as by any other system.

From the result of twenty years' experience in this work I would recommend the old circulating system, with the following safeguards:

1. Employ men who understand their work.
2. Have the circulating pipes large enough, so that the circulation can go on rapidly enough to prevent boiling. 1½-in. pipes (not less) are large enough in London, but some places may require them larger.
3. Properly insulate the pipes with hair-felt, covered with wood casing.

4. Have the circulating cistern placed in the kitchen, with circulating pipes to the bath-room. By leaving the bulk of hot water at the bottom of the house, the circulation will go on all night, and thereby lessen the danger from frost.

This method does not require hourly attention, as does Mr. Gaskell's, and if looked to once a year by a competent man, it will always be in working order.

It is of the utmost importance that any apparatus under the care of servants should be self-acting, as neglect may frequently cause the best system to fail.

I am, sir, yours etc.,

J. BISHOP.

48, First Avenue, Queen's Park, Feb. 10th, 1879.

BENEFIT AND ASSURANCE SOCIETIES.

We have received from Mr. R. N. Sheldrick, of 14, Stanbury Road, Peckham, a letter remonstrating with us for our supposed antagonism to these very valuable institutions. It is because we regard Life Assurance and Benefit Societies so highly that we are severe upon 'bogus' concerns, got up, as we stated in our programme, 'ostensibly in the interests of the working classes, but really for the profit of a few individuals.' We are quite at one with our correspondent, and while we may from time to time warn our readers against doubtful societies, we shall have no other word than one of encouragement and commendation for properly conducted, and solvent institutions.

THE NATIONAL FREEHOLD LAND SOCIETY.

THE directors, in submitting the report to the twenty-ninth annual meeting of the society, held on the 7th instant, at Cannon Street Hotel, Mr. A. Eames presiding, congratulated the members on the continued prosperity and progress of the society. The subscriptions during the year were £572,525, the withdrawals £563,386, and the members' capital at the end of the year was £1,341,109, being an increase of £19,628 upon the previous year. The convertible securities had been increased from £139,098 to £196,182, and the advances on freehold and leasehold securities now amounted to £1,194,099. The rate of profit on uncompleted shares was 3 per cent., and of interest on completed shares 4 per cent. throughout the year. The gross profit for the year was £69,723. Of this sum, the profit and interest paid to members amounted to £49,266; and, after paying expenses and writing off losses, the reserve fund had been increased from £36,280 to £47,174.

WATERPROOF BOOTS.

A SOLUTION consisting of half-a-pint of linseed oil and the same quantity of India rubber, with nine ounces of ordinary dubbin, melted down together, and applied several times to new boots, allowing the boots to dry each time, will render them quite impervious to damp.

GILES JOLT AND HIS CART.

Giles Jolt, as sleeping in his cart he lay,
Some pilf'ring villains stole his team away.
Giles wakes, and cries, 'What's here, a dickin, what
Why, how now? am I Giles, or am I not?
If *he*—I've lost six horses, to my smart;
If *not*—oddsbuddikins, I've found a cart.'

CIVILITY.

'A nay with civility sometimes gives more satisfaction than a yea with a bad grace.'

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

THE Ideal is in thyself; thy condition is but the stuff thou art to shape that same Ideal out of. What matters whether such stuff be of this sort or of that, so the form they give it be heroic, be poetic?—*Carlyle*.

The mind is its own place, and in itself

Can make a heaven of hell, a hell of heaven.—*Milton*.

All revolutions are the utterances of some one long-felt truth in the minds of men.—*Carlyle*.

Powers there are

That touch each other to the quick, in modes

Which the gross world no sense hath to perceive,

No soul to dream of.—*Wordsworth*.

I will tell you, scholar, I have heard a grave divine say that God has two dwellings; one in heaven, and the other in a meek and thankful heart.—*Isaac Walton*.

There is no danger to a man that knows

What life and death is; there's not any law

Exceeds his knowledge; neither is it lawful

That he should stoop to any other law.—*Chapman*.

Mr. Colman, in an agricultural address, once illustrated the folly of modern fashionable female education by an anecdote. A young man, who had for a long while remained in that useless state designated by 'a hall pair of scissors,' at last seriously determined he would procure him a wife. He got the 'refusal' of one who was beautiful and fashionably accomplished, and took her upon trial to his home. Soon learning that she knew nothing, either how to darn a stocking, or boil a potato, or roast a bit of beef, he returned her to her father's house, as having been weighed in the balance and found wanting. A suit was commenced by the good lady, but the husband alleged that she was not 'up to the sample,' and of course the obligation to retain the commodity was not binding. The jury inflicted a fine of a few dollars, but he would have given a fortune rather than not to be liberated from such an irksome engagement. 'As well might the farmer have the original Venus de Medicis placed in his kitchen,' said the orator, 'as some of the modern fashionable women. Indeed,' continued he, 'it would be much better to have Lot's wife standing there, for she might answer one useful purpose; she might salt his bacon!'—*American Paper*.

Better is one good friend, than a hundred relatives.—*Italian Proverb*.

Those who violate a long friendship, though they escape the punishment of their friend, shall not escape the vengeance of God.—*Socrates*.

A good man ought not to obscure himself; the world has a share in him; he robs his friends and country, who, capable of being of use to both, steals himself out of the world.—*Owen Felltham*.

I have no other rule by which to judge of what I read, than that of consulting the disposition in which I rise up from my book; nor can I well conceive what sort of merit any piece has to boast, the reading of which leaves no benevolent impression behind it, nor stimulates the reader to anything that is virtuous or good.—*Rousseau*.

Hate not men of other creeds, but tolerate all, even as ye hope for toleration.—*New Koran*.

Do good rather than be conspicuous.—*Latin Proverb*.

We should never repent of doing good; the fruits of it are ever the prayers and praises of the obliged.—*Aristotle*.

Never was any man so great, but was as liable to suffer mischief as he was able to do it.—*Seneca*.

It is surely not impossible that to some infinitely superior Being the whole universe may be as one plain; the distance between planet and planet being only as the pores in a grain of sand; and the spaces between system and system no greater than the intervals between one grain and the grain adjacent.—*Coleridge*.

Do those things that you judge to be good, although, after you have done them, you may be disesteemed; being regardless of the praise or blame of the vulgar.—*Pythagoras*.

He is rich who hath enough to be charitable; and it is hard to be so poor, that a noble mind may not find a way to this piece of goodness. 'He that giveth to the poor lendeth to the Lord.' There is more rhetoric in that one sentence, than in a library of sermons.—*Sir T. Browne*.

Everything is balanced exactly in heaven and earth, if ye will see and understand. Every stroke hath its recoil. Every gain hath its loss. Every light hath its shadow. Every pleasure hath its pain. Every excellence hath its counterpart of weakness.—*New Koran*.

PENNY BANKS.

The National Thrift Society, which was established by the exertions of Mr. T. Bowden Green in Oxford last year, for the purpose of promoting the Establishment of Penny Banks and Provident Dispensaries throughout the country, has recently been working very energetically and successfully in Canterbury and neighbourhood, where an influential local committee, headed by the Bishop of Dover and Dean Payne-Smith, has given sanction and encouragement to the movement, which bids fair to do for the towns and villages throughout the country what the National Penny Bank is doing for London. Communications on the subject should be addressed to the Secretary of the National Thrift Society (Mr. T. Bowden Green, F.S.A.), at 18, Rose Lane, Canterbury, or to the Head Office, at Oxford.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

Received with thanks.—H. J., T. B., W. H., T. G., I. R., W. P., J. S., and T. W.

W. H.—No doubt fiction assists in procuring a circulation for a new journal, but we do not see how to introduce that element without altering the character of 'HOUSE AND HOME.' We are desirous, however, of making the paper a medium rather of information than of amusement.

J. A. C.—The present Board of the Artizans' Company is composed as follows:—Chairman, The Hon. Evelyn Ashley, M.P.; Vice-Chairman, Ernest Noel, Esq., M.P.; Messrs. Samuel Morley, M.P.; W. H. Stone; F. D. Mocatta; R. E. Farrant; John Kemster; H. R. Droop; John Pearce; and the Rev. H. V. Le Bas, M.A. The Manager is Mr. J. V. S. Muller; and the Secretary, Mr. S. E. Platt. The Offices of the Company are 34, Great George Street, Westminster. The Company's properties are situate at Battersea Park, Lavender Hill, Salford, Liverpool, Birmingham, and Gosport. The principal estates, however, are the Shaftesbury Park Estate, Wandsworth Road, and the Queen's Park Estate, Harrow Road.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF-PENNY stamps only can be received.

HOUSE AND HOME.

Weekly 1d.; Monthly 6d.

No. 1, Saturday, January 25th.—Principal Contents: Our Programme.—George Peabody (with Portrait).—The Parkes' Museum of Hygiene.—Dietetics as a Factor in the Development of Home Life.—Food and its Functions. Current Opinions.—The Pleasures of Home.—Hygiene Applied to Dwellings.—Sanitary Work in Country Mansions.—The Liquor Traffic and Licensing.—Gems of Thought.

No. 2, Saturday, February 1st.—Principal Contents: On Artizans' Dwellings and their Healthfulness.—The Morals of Hygiene.—Sanitary Reform.—Health and Recreation.—Dietetics.—The Adulterated Flour Case.—Billy's Rose. Current Opinions and Events.—Hygiene Applied to Dwellings.—Agricultural Labourers' Dwellings.—The Artizans' Dwellings Schemes.—Gems of Thought.

No. 3, Saturday, February 8th.—Principal Contents: The Artizans' Labourers' and General Dwellings Company.—Cheap Food for the People.—The Preservation of Animal Structures.—Adulteration of Food.—Current Opinions and Events.—Roman Houses.—An Alleged Sanitary Heresy.—Thrift.—Household Hot Water Apparatus.—Birds and Fruit.—Gems of Thought.

PORTRAITS.

WE intend to publish Portraits monthly, and among the earliest will be those of

1. THE RIGHT HON. EARL BEACONSFIELD, K.G.
2. THE RIGHT HON. EARL DERBY, K.G.
3. THE RIGHT HON. EARL SHAFTESBURY, K.G.
4. RT. HON. R. A. CROSS, M.P.
5. SIR H. SYDNEY WATERLOW, BART, M.P., Ald.
6. DR. B. W. RICHARDSON, F.R.S.
7. THOMAS HUGHES, ESQ., Q.C.
8. JOHN RUSKIN, ESQ.
9. W. M'C. TORRENS, ESQ., M.P.

AGENTS FOR 'HOUSE AND HOME.'

Madame L. Shillabeer, 14, Harrow Road, Queen's Park Estate, W.
Mr. Godin, 16, Eversleigh Road, Shaftesbury Park Estate.
Messrs. Willing & Co.'s Railway Bookstalls.
Barnard & Co., Red Lion Passage, W.C.
Bayly, Euston Road.
Conner, Grays Inn Road.
Dunmall, G. H., 3, Trevorton Street, Notting Hill, W.
Freeman, Fetter Lane.
Fraser, 45, Southampton Row.
Grigg, Fetter Lane.
George, Hatton Wall.
Hall, Chandos Street.
Hamp, Frances Street, Tottenham Court Road.
Jackson, King's Road, Chelsea.
Jones, 58, Fetter Lane.
Jones, Broad Street, Bloomsbury.
Lawrence, Red Lion Passage.
Manners, Fetter Lane.
Mattock, Cheyne Walk, Chelsea.
Mears, Chapel Street, Tottenham Court Road.
Morris, 178, High Holborn.
Nicholls, Upper Kennington Lane.
Nye, 78, Theobald Road.
Parnell, Southampton Row.
Peeks, St. Martin's Lane.
Rand, 16, Hampstead Road.
Todd, 171, Drury Lane.
Wilson, 37, Church Street, Leather Lane.
Williams, Leather Lane.
Wells, 76, Theobald Road.
Mr. W. Prendeville, Superintendent's Office, No. 2 B Block, Peabody Buildings, Dockhead.
Miss J. Davy, 14, Pimlico Road, S.W.
Mr. H. W. Harris, 4, Blackfriars Road.

'HOUSE AND HOME' may be had by order of any bookseller, or from any bookstall.

* * * The Publisher is prepared to receive applications for Agencies from suitable persons residing in or near to Improved Dwellings.

The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the rate of 3d. per twelve words; but less than four words will be charged one penny. Halfpenny stamps are received in payment.

Advertisers not wishing their names and addresses to appear must intimate their desire to us, when we attach distinctive numbers to such advertisements; and all replies to such advertisements must be addressed, under cover, to the respective numbers at our Office.

In replying to an advertisement to which a number is attached, the answer must be contained in a blank envelope, which must be fastened, with the number of the advertisement distinctly written upon the top right hand corner of it, thus—



and enclosed with a penny stamp in another envelope, addressed to the Manager of "House and Home," 335, Strand, W.C.

We strongly urge strangers, when dealing with each other to deposit the purchase-money at our Office. When this is done the deposit will be acknowledged to both parties, and we shall hold the money until we are satisfied that the transaction is completed; when, if a sale has been effected, we shall remit the amount to the vendor, but if a sale is not effected and we are satisfied that the goods have been sent back to the owner, the money will be returned to the depositor. In either case we deduct 6d. commission if the amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on approval should not be kept more than four days. We advise all goods to be purchased on approval, and the right to return them should be insisted upon. When a number is used instead of the name and address of the advertiser, the name of the town should be appended to the advertisement, thus—(Gloucester.)

Unless otherwise stated the prices advertised do not include the postage or carriage of the article offered for sale. The rule in the case of an article sent on approval but returned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting strangers. Goods ought never to be parted with for Bills, Drafts, Cheques, or Notes, until these have been cleared, or their genuineness otherwise ascertained. The deposit system, however, provides Perfect Safety.

All letters must be addressed to the Manager, Sale and Exchange Department, "House and Home," 335, Strand, W.C.

Deposits must be made by Cash, or by Cheques, and Post Office Orders, drawn in favour of John Pearce, and payable in London.

The Sale and Exchange.

THE LIBRARY.

HISTORY.—Quite equal to new, Gibbon and Ockley's History of the Saracen Empire (Murray), 2s.; Memoirs of the Court and Times of Queen Elizabeth, 2s.; Hallam's State of Society in Europe during Middle Ages, 4d.; History of the Decline and Fall of the Roman Empire, by Gibbon (Bohn's imperial edition), pub. at 31s. 6d., for 9s. 6d.; Burnet's History of his own Time (Bohn), pub. at 25s., for 7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half morocco, 16s.; Hume's England, 3 vols., cloth, 1871, 7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.; Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.; England under Henry VIII., by Lord Herbert, 1872, 3s. (London)—53.

RELIGIOUS.—The following are from the library of the late Bishop Wilberforce: Mornings with Mamma, fourth series, roan, 2s.; The Epistle to the Galatians, by Sir Stafford Carey, M.A., 2s.; Church Expansion, by Rev. C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural Deans, by Fendall, 1s.; The Spiritual Combat, by Father Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Eggs, London), a large vol., half-bound, in good condition, 6s. 6d.; Milton's Works, prose and poetical, in one large vol., cloth (Bohn), 7s. 6d.; Budinger's Abridged Bible, from the German, by Asher, 1s. 6d.; Cobbin's New Testament with notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in

3 vols., 6s.; New Testament in Hebrew and Greek on opposite pages, 2s.; The Perfect Life, by W. B. Channing, 2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.; Invocation of Saints and Angels, by Shipley, 1s. 6d.; Fennell Glory, 1635, reprinted and edited by Shipley, 2s. —55.

OLD LITERATURE.—The Reconciler of the Bible, by J. T. Minister of the Gospel, London, 1656, old calf, 2s. 6d.; Heaven Opened, by R. A., London, 1665, old calf, 2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A., in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology, in two small vols., newly bound in leather, 1799, 3s.; Characteristics, by Anthony, Earl of Shaftesbury, in 3 small vols., old calf, 1749, 5s. —57.

The Modern Picture of London, by N. Whittock, Virtue, 2 vols., imperfect, but containing many steel engravings, 2s.; Fielding's New Peage of England, Scotland, and Ireland, 1784, very clean, 2s. —58.

POLITICAL.—Letters of Rinnymede, by Lord Beaconsfield, 1836 (a very daring work in his most sarcastic style), 10s. 6d.; The Voyage of Captain Popanilla, first edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for the People, edited by J. A. Roebuck, M.P., London, 1835 (a most Radical production of the *then* Radical reformer), 8s.; Individual Liberty, by Vindex (a clever reply to J. S. Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the Man of his Time, from caricatures, over 100 caricatures, 4s.; The Great Suez Canal, its political, engineering, and financial history, by Percy Fitzgerald, 2 vols., pub. 30s., 5s.; Life of Thomas Wentworth, Earl of Stafford, by E. Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney, 1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.; Memoirs of Distinguished Political Women, 2 vols., 3s. 9d.; Old Rome and New Italy, by Castelar, translated by Mrs. Arnold, 2s. 6d.; Secret Societies of the European Revolution, by Frost, 2 vols., ss. 6d. —60.

POETICAL.—Yarrow Revisited, and other Poems, by W. Wordsworth (Moxon, 1839), in good condition, 4s.; Hours of Idleness, a series of poems, by a noble author (Lord Byron), London, Benbow, 1822, 2s. 6d.; Thoughts in Prison, by Dr. Dodd, Longman, 1815, in calf, 2s.; Sigourney's Poetical Works (Nelson), 1s.; Flora Poetica, or Poetry on Flowers, with plates, by Banks (Longman, 1834), 2s. 6d. (last two, binding bad). —61.

Chandos Classics, in cloth, at 1s. 8d. per vol., as follows:—Burns, Byron, Cowper, Hemans, Longfellow, Moore, Scott, Shakespeare, Milton, Wordsworth, Keats, Coleridge, Shelley, Campbell, Hood, Pope, C. Mackay, Doctor Syntax, Hudibras, Pope's Iliad, Pope's Odyssey, Legendary Ballads of England and Scotland, Eliza Cook, Goldsmith's Works, Dodd's Beauties of Shakespeare, Dryden's Virgil, new. —62.

MEDICAL AND SCIENTIFIC.—Notes on Epidemics, by Austin, 1s.; Beeton's Dictionary of Universal Information, 9s.; Blackwell's Lectures on the Laws of Life, 9d.; Change of Air and Scene, a Physician's Notes and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s.; Our Food, by E. A. Davidson, 9d.; Sciatica and Lumbago, by H. Lawson, M.D., 2s.; Wines and Other Fermented Liquors, by Sheen, 1s.; Smedley's Practical Hydropathy, 2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.; Elements of Health and Female Hygiene, by Dr. Tilt, 1s. 8d.; Utilisation of Minute Life, by Phipson, 1s. 8d.; Kirke's Handbook of Physiology, by Baker, 6s. 6d. —63.

FICTION.—White Conquest, by Hepworth Dixon, 2 vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds, 40 steel engravings, 7s.; Calumny, by Eastwood, illustrations, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d. —66.

The following novels are equal to new, some uncut, in three volumes, offered at 3s. per set:—A Little World, by G. M. Fenn; As the Shadows Fall, by J. E. Muddock; As Innocent as a Baby, by W. C. Russell; Beauchamp's Career, by Geo. Meredith; Black Spirits and White, by F. E. Trollope; Broad Church, by Dr. M. Davies; Captain Fanny, by the author of 'John Holdsworth'; A Charming Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers; The Chronicle of Sir H. Earsleigh, Bart.; Squire Silchester's Whim, by M. Collins; Miranda, by M. Collins; Democracy, by Whyte Thorn; Done in the Dark, by the author of 'Recommended to Mercy'; Doubleday's Children, by Dutton Cook; Durnton Abbey, by T. A. Trollope; Fair, but not False, by Evelyn Campbell; From Plough to Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J. Ayrton; Greed's Labour Lost, by the author of 'Recommended to Mercy'; His Second Wife, by Mrs. Eiloart; Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P., by Mrs. Eiloart; The Landlord of the Sun, by William Gilbert; Love's Young Dream; Oakshott Castle, by Henry Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty Miss Bellow; Shipowner's Daughter, by John Saunders; So Very Human, by A. B. Richards; The Doctors Dilemma, by Hesba Stretton; Thereby hangs a Tale, by G. M. Fenn; and Verts, by Dr. C. M. Davies.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View of London, by John Corry, 1819, very curious, 2s. 6d.; Hogarth's Works, in three vols., 8vo., cloth, 160 engravings, 13s.; The Genial Showman, Artemus Ward's Life, 4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intemperance, and temperance.—Verax, 'House and Home' office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4. J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high, or 3ft. 3in. wide. State condition. (Reading)—69.

PRINTING.—Wanted a Self-Linking Machine, Model or Simplisimus.—London—70.

MISCELLANEOUS.

SEWING MACHINE.—A bargain. A widower is parting with a capital Hand Lock-stitch Sewing Machine recently cost 4 guineas, for 35s. only.—71.

VIOLIN.—A gentleman is parting with a capital toned very old Violin, in capital case, price 35s.—72.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: FEBRUARY 22nd, 1879.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

(Continued from page 41.)

THE attendance of the distinguished patrons of the company at the *soirée* held in connection with the third annual meeting procured lengthy reports of the proceedings in several leading newspapers, and these directed public attention to the company. The official report of the meeting was widely circulated, and the directors, managers, and agents redoubled their exertions.

Although the shareholders at the annual meeting held on the 9th of February, 1870, had determined that the number of directors should be only *five*, which number were elected to the exclusion of the chairman, Mr. Bennett, and Mr. William Austin, both *practical* builders, yet on the 12th of April Dr. Langley attended the board for the first time, he having been elected to a seat at it by the directors appointed by the shareholders. As no vacancy was made for Dr. Langley to fill, he became an additional director. The doctor was appointed chairman, and Mr. Walton, who was at the time residing at Brecon, became the vice-chairman of the board.

Both these gentlemen were active in promoting the company by attending meetings, and in rendering other services.

On May the 20th, 1870, a public meeting was held at Baildon, near Leeds, EDWARD HOLDEN, ESQ., presiding. According to the *Beehive* of the 28th of May, Mr. WALTON said:

'He did not, however, wish to speak disparagingly of any other building society, and would gladly aid any company or society which was founded on sound commercial principles, whose object was to secure for a large portion of the working-classes in our large towns and other centres of industry a

better, more commodious, and healthier class of houses than those that many of them were compelled to live in at present. And he (Mr. Walton) would say at once that any company or building society which failed to accomplish this—whether it was the company he represented or any other—would fail in its primary object, and would, therefore, be unworthy of the countenance and support of the working-men.

'The Artizans' and General Dwellings Company build the houses for their shareholders on the co-operative principle, who by paying a small instalment are put into the houses at the usual rental of the district, in addition to a small cost for casual expenses, and at the end of fourteen years—or a shorter or longer period, if agreed upon—the shareholders become the actual owners of their houses, and are no longer called upon to pay a single farthing for rent.'

MR. MALCOLM MACLEOD, the REV. J. S. HARGREAVES, and other gentlemen addressed the meeting, and at the close it was announced that 250 shares had been taken in the room.

MR. HOLDEN subsequently undertook to act as honorary agent for the district; and he devoted much time in receiving and transmitting moneys on account of shares to the head office. The shares were taken up by the working classes in the expectation of houses being built by themselves for themselves; but although land was purchased early in 1872, near Saltaire, for the purpose of building, from some cause or other the houses were never commenced; and MR. HOLDEN generously purchased all the shares of their disappointed holders, paying for them in full.

Building was pursued with activity at Salford, and the operations of the company attracted much attention in Manchester. On the 12th of October a *soirée* was held at the Trevelyan Hotel, at which it had been announced that the Earl of Shaftesbury would preside, but absence from England prevented his lordship from attending. Mr. Hugh Birley, M.P., presided, and letters were read from the Earl of Shaftesbury, the Earl of Derby, Mr. Jacob Bright, M.P., and other influential gentlemen.

LORD DERBY wrote:

'I am anxious to show practically my sincere wish to forward the useful work in which your company is engaged. I write to request you to put down my name for ten shares.'

LORD EGERTON of Tatton wrote:

'I shall be happy to become a shareholder of the Manchester Branch of the company, and take shares to the amount of £100.'

MR. JACOB BRIGHT wrote:

'Your case does not require much advocacy from the platform. After having looked into your papers carefully, it seems to me that a working-man who takes a small share in your association has the opportunity of settling down in a good house and finding it his own in a period of fourteen years, without having paid more annual rent than he is accustomed to pay now. Thousands of men in Manchester and neighbourhood might thus add to the security of their families, and place themselves in a more independent position. In all human undertakings there is, of course, some risk. Your operations appear to me to be as far from risk as anything of the kind can be.'

MR. HUGH MASON wrote:

'The real fact is that you are the pioneers in the war against dirt, disease, and death. Provide the decent habitation.'

The Chairman, MR. HUGH BIRLEY, M.P., said:

'He had been fifteen or twenty years a small shareholder in what was called the Metropolitan Dwellings Company, and was much struck with the

accommodation afforded in a block of buildings erected in one of the suburbs of London. They contrasted favourably with the general state of dwellings in London, and he might tell them that houses in London were far inferior even to those in Manchester in reference to their comfort and their fitness for human habitation. (Applause.) It was no uncommon thing to find a working-man in receipt of fair wages, far above the workhouse, living with his family in a single room, and in some instances with more than one family in a room. All honour to such men as Mr. Peabody, and such ladies as Miss Burdett-Coutts—(applause)—who had done so much to supply what had been wanted; but if improved dwellings for the working-classes were more necessary in London than in Manchester, that was no reason why they should not have improved dwellings in Manchester.'

MR. WALTON and MR. LOWE having spoken, DR. BAXTER LANGLEY said:

'As to the proverb, "Cleanliness is next to godliness," his own experience was that, as a rule, piety and dirt never did go together. In visiting the new dwellings at Salford, he had been much gratified to recognise in the inhabitants faces familiar to him as those of scholars when he was a teacher in Manchester many years ago.'

The following resolution was carried on the motion of Dr. BULLOCK, seconded by Dr. MARTIN:

'That this meeting, having listened to the interesting explanations of the London deputation as to the principles and objects of the Artizans' Labourers' and General Dwellings Company, Limited, hereby expresses its hearty confidence in the scheme, assured that if earnestly supported it will provide better houses and happier homes for our working men, and enable each by small payments to become in fourteen years his own landlord, and thus escape the incubus of continued rent. And this meeting further pledges itself to use every effort to promote and secure the company's success.'

(To be continued in our next.)

THE IMPROVED INDUSTRIAL DWELLINGS COMPANY, LIMITED.

ON February the 14th inst., the 31st ordinary half-yearly meeting of the members of the above-named company was held at the Mansion House, when the chair was occupied by Sir Sydney H. Waterlow, Bart., M.P., Ald.

The SECRETARY (Mr. James Moore) read the notice convening the meeting, and the directors' report and statement of accounts were taken as read. The directors reported that the whole of the capital had been subscribed, viz., £250,000 stock fully paid, and £250,000 in shares of £10 each. The total amount of capital received to December 31 was £387,500, less the sum of £3,253 on calls due December 31, and since nearly all paid. The share capital was divided into two equal parts, of which the first, or 'A' issue had been allotted, and paid in full. The second, or 'B' issue, had been also wholly allotted, and £1 per share paid. The loans received from the Public Works Loan Commissioners amounted to £149,000, and applications for additional loans, amounting to £94,000, in respect of the buildings now being erected, had been made, of which it was expected £29,000 will shortly be received. The sum of £629 1s. 2d. had been paid on account of balances due on estates completed, and £40,386 19s. 11d. in respect of works in progress. The total expenditure on capital account was now £558,991 0s. 9d. The capital expended on works in progress, and wholly unproductive, had amounted to £108,159 10s., or an average of £92,966 during the half-year. The rents, &c., amounted to £23,181 4s. 3d., and dividends on investments and other items amounting to £715 1s. 4d., made the total income for the half-year £23,896 5s. 7d. The total expenditure had been £13,710 10s. 7d. (including the proper contributions to the Leasehold Redemption Funds and Repairs account, and the sum of £968 8s. repaid to the Public Works Loan Commissioners during the half-year, and carried to the Loan Redemption Fund), leaving a divisible profit of £10,185 15s., which, added to the balance, £211 2s. 9d., brought forward from last half-year, gave a total of £10,396 17s. 9d. available for dividend. Interest on the large sum expended on works in progress had been paid out of revenue. But for that charge the balance of revenue would, at the rate of 5 per cent., have been increased by upwards of £2,300. The directors recommended

the payment of the usual dividend at the rate of 5 per cent. per annum, free of income tax, which would absorb £8,280 1s.; that £2,000 be added to the Reserve Fund for the equalisation of dividends, which would then amount to £33,500, and that £116 16s. 9d. remaining be carried forward to the next half-year's account.

The CHAIRMAN, in moving the adoption of the report, noticed the presence of ladies as well as gentlemen, and said he should be glad if ladies took a greater interest in the company. He was, he thought, fairly entitled to say that the directors had submitted a very satisfactory statement of the business of the past half-year. Upon looking into details, it would be seen that they had made as much progress as was shown on any previous occasion, and the company was in as substantial a position as ever it had been since its foundation. The subscription for the whole of the capital was completed a few days before the last half-yearly meeting. They were receiving additional capital from the Public Works Loan Commissioners, and last year the company applied for a loan of £94,000 in respect of buildings which were now being erected. It was only right to inform the meeting that the directors had received a notification from the Government to the effect that they could not afford to lend the company any more money at 4 per cent., repayable in forty years, but the Government gave the company the option of having money at 4 per cent., provided it was redeemed at thirty years; and the matter having been considered by the board, they thought it was advisable to accept that offer, as they would not be increasing the liability of the company by paying that additional interest to the Government. When Consols were at 3 per cent., he saw no objection to their paying 4 per cent. for the money they borrowed. The expenditure on capital account, in respect of balance due on estates completed, had been £629, and the total during the half-year for works in progress was £40,386. The gross income from rents and dividends for the half-year amounted to £23,896, and the total expenditure was £13,710. The receipt of £23,896, compared with £23,402 for the half-year ended June 30 last, was not a large increase, but that was because they had not brought into revenue a very large number of additional buildings; but at the end of next June there would be a greater number finished, and he hoped that that would result in a large increase in the revenue. Some of their estates would have been completed earlier but for the very bad weather which had so long prevailed. The works at Chelsea, Highbury, and Bethnal-green had been thus greatly retarded, and but for that nearly one-half of the dwellings there would have been ready for occupation. The board had acquired two additional leasehold estates, one, the property of the Ecclesiastical Commissioners, at Walworth, where dwellings for the working classes were much needed, and the other in Mansford-street, Bethnal-green, and the directors would be able to erect dwellings for about 300 families, or about 1,500 persons, making in all a total of 3,520 tenements accommodating about 17,000 inhabitants. There existed in some minds a very great prejudice against the system of flats, and some persons spoke against so many families living under one roof; but the result of his experience was quite different. He could not give a better illustration of the fact that such prejudice did not prevail so greatly as was supposed, than by drawing attention to the very small number of empties in their dwellings, as compared with the number ten years ago. In 1858 the percentage of empties to the number of dwellings was 6.43, whereas now it was only 1.77. As to the class of tenants in their dwellings, the arrears gave them an evidence; and although there were five times the number of tenants now, the amount of arrears was less than it was in 1868. They had 2,543 tenements, at a weekly rental of over £900; and before the end of next June they would have occupied 3,079 tenements, and their rental would be £1,127. The wish of their friends who desired that a call should be made upon their shares would soon be realised. It was not often that a chairman was scolded for not making a call; but in order to enable them to go on as fast as they consistently could with the work they had undertaken they would have to make a call. It should be borne in mind that the work of improving the dwellings of the labouring classes could not be carried on too fast. The tenements were occupied by the very class for whom they were erected. Although the company and others had tendered for certain sites set apart by Parliament for the purposes of dwellings for the working classes, the tenders had, with one or two exceptions, fallen through. That, however, was through no fault of the directors, and they did not complain that the Metropolitan Board of Works had not accepted their tenders; for as the desire of the promoters of the company was to see the work carried out vigorously, they would be satisfied to see that work undertaken by other bodies who might be selected by the Board of Works. The directors had, however, submitted another offer to the Board of Works for certain plots of land. After alluding to the fact that Aldermen T. Q. Finnis, D. H. Stone, and Mr. A. Scrimgeour, were the retiring directors, the Chairman moved the adoption of the report.

Alderman FINNIS seconded the motion, and it was carried.

The dividend, in accordance with the recommendation of the directors, was then declared.

Mr. F. COLLIER moved the re-election of the retiring directors, and said that, although it was desirable that the occupants of the company's dwellings should not have it put prominently before them that the company was a charitable institution, it should not be forgotten that the founders of the company, in originating it, really had a feeling of benevolence at the bottom of their actions.

The CHAIRMAN said that he had at no time ever entirely repudiated any idea of philanthropy being connected with the company, although in recommending persons to invest in the undertaking he had recommended it purely on commercial grounds. The fact that the three gentlemen who had been proposed for re-election gave their time and energies in carrying on the operations of the company without any fee or reward was an evidence that there was a desire on their part to benefit their fellow-creatures.

The resolution was carried, after which Mr. Edward Hart was reappointed auditor, at a remuneration of fifty guineas.

The CHAIRMAN, to whom and the other Directors a vote of thanks was passed, on the motion of Mr. Donville, seconded by Mr. Watson, also said that the poor had been very much inconvenienced in some of the districts where the Metropolitan Street Improvements Act had been put in operation, but he hoped that their company would remedy that state of things to some extent. He moved a vote of thanks to the Lord Mayor for the use of the room, and said that the fact of the chief magistrate of the City of London for the time being allowing the members of the company to assemble at the Mansion House was an evidence that the undertaking was of a quasi-philanthropic character.

The meeting separated after passing the vote to the Lord Mayor.

ARTIZANS' DWELLINGS.

IN the House of Commons, on the 18th inst., Mr. Hopwood asked the Secretary of State for the Home Department whether he was aware that since he declined, as 'confirming authority,' to approve the scheme promoted by the Metropolitan Board of Works under the Artizans' Dwellings Act, 1875, in respect of an unhealthy area in Gray's Inn Road, no other had been substituted for it; whether he was also aware that the official representation of the unhealthiness of the place in question was made by the Holborn District Board of Works as far back as the 19th of July, 1875; and whether he had taken or could take any means to induce the Metropolitan Board to remedy the state of things which existed.

Mr. Cross said that this matter had come before him in 1876, when he had thought it right to reject a scheme which the Metropolitan Board of Works had put forward in view of the alterations to be made in Gray's Inn Road. In the autumn of 1876 the Board gave notice of their intention to apply to Parliament for its sanction to a scheme for the widening of Gray's Inn Road, prepared, not under the Artizans' Dwellings Act, but under the Metropolitan Improvement Act. Under the Bill so brought forward by them and approved by Parliament, the greater portion of the area affected by the original scheme was destroyed. The building of the artizans' dwellings as substitutes for those pulled down had not been proceeded with in accordance with the terms of the Act, and he was sorry to say that he had no power to compel the provisions of the statute to be carried out. He trusted, however, that before long a smaller scheme would be introduced which would remedy the evils complained of. (Hear.)

HYGIENE.

THE INDUSTRIAL SOCIETY OF THE NORTH OF FRANCE ON HYGIENE AND DWELLINGS.

(Translated for 'House and Home.')

MR. F. ROUSSEL recently made a report to the society on a work by Mr. Eugène Vrau, treating of the hygiene of dwellings. The book bore the following motto:

'Above all things, we must have air to live; we are not born to be shut up; we resemble the candles, we need air to burn.'

MM. Houzé de l'Aulnoit, Tournier, and Alfred Thiriez and F. Roussel, composed the committee.

The subject discussed by the society was 'The Advantage of Open Fire-Places in Apartments, especially in Bedrooms.'

In his report, M. Roussel said: 'To prove the danger of living in apartments in which the air is not renewed, the author [M. Vrau] cites the opinion advanced more than forty years ago by Blanqui, upon artizan's lodgings, and that transmitted by the council of hygiene of Lille to the municipality, on the necessity of combating the bad sanitary conditions of the districts decimated by cholera.

Nothing is more startling than the description made by our economists of the deplorable state of our inhabitants in 1832, living pell-mell in rooms where the sun never penetrated; to that cause it was only right to attribute the great mortality daily attending our working-classes throughout that terrible epidemic. After having shown how essential the air is, especially for men, women, and children who pass the greater part of their existence in workshops, the author describes, with a rare talent for exposition, the poisoning of the air by the breath, and insists upon the release of the carbonic acid from the vapour of water, and upon the formation of human miasma; and, it is necessary to add, the alteration of the atmosphere occasioned by animals, vegetables, artificial lights, and fires. Amongst the unwholesome effects produced by the use of metal pans, it would be impossible to deny the destruction of ozone, the dryness of the scorched or burnt air, and above all the engendering of that gas which acts so deleteriously upon the organism, *the oxyde of carbon*.

For a man to breathe twenty-four hours in a limited space, without ventilation, a cubic space of 250 metres would be required. An open fire-place would very sensibly reduce the number or quantity required, especially if the current of air is put in motion or promoted by fuel in a state of combustion. In rooms where an open fire-place is impossible, recourse should be had to opening the windows several times daily, using during the night any efficient means of ventilation. Besides those natural means of changing the composition of the air, the author recommends a great number of disinfecting agents proper to contribute to the hygiene of an inhabited room. The artificial means, however, must not lead us to forget the conditions required to make a healthy dwelling, such as exposure to the sun, the height of the rooms, the necessity of not transforming the bedroom into a kitchen.

To show the dangers of sleeping in a room without an open fire-place, various experiments might be instituted; thus, the analysis of the air in a room without an open fire-place might be made after one or more persons had slept in it. By chemistry it would be easy to measure in the morning, before opening the windows, the quantity of carbonic acid and water vapour created by the breath and cutaneous exhalations; equally the organic particles might be collected by placing in the room a tumbler containing ice; and with the aid of sulphuric acid or nitrate of silver might also be ascertained, even better than by the smell, the presence of human miasma.

It is shown from experiments that a single night-light, placed in the fire-place in the night, suffices to establish a current of air of 30 cubic metres per hour, a valuable expedient to air a room of an invalid in the summer, if firing be objected to.

THE AIR WE BREATHE.

Air is not a simple substance, but a mechanical mixture of gases, principally oxygen and nitrogen, with small traces of a third, viz., carbonic acid. Though air is invisible, it is a material substance, as you can tell by filling a bladder, or air-tight bag, when it prevents the sides being pressed together; it also possesses weight.

Deprived of air, no animal, no vegetable, could exist, no flame could burn, no sound could be heard, no light could be seen.

By the air we live, and move, and have our being. It is the great physician of the world. Health confides in it as its most faithful friend. It invigorates the weak, the weary it refreshes. Air to breathe is the first want of all organised beings; it is, in fact, the first and the last necessary of life. From the moment of birth to the moment of death, we must breathe.

Health depends, to a very large extent, on the purity of the air we breathe. The blood requires oxygen: the oxygen of the air is the great blood purifier. In breathing, we deprive the air of part of its oxygen, and supply its place with carbonic acid gas, a gas which is injurious to the lungs. In crowded rooms, or close bed-rooms, this gas accumulates, and if breathed for any length of time, headache, weariness, faintness, or loss of strength ensue. Persons who spend a great part of their lives in rooms filled with bad air cannot expect to be healthy; and they are more liable to disease than those who study the importance of fresh air. Too much food may easily be taken, but too much air cannot.

The free circulation of air is much more effective in promoting digestion than the free circulation of the contents of the bottle, that many persons resort to.

Breathe plenty of fresh air night and day, the want of fresh air causes cross, languid, and fretful feelings.

Ventilate your rooms by means of open windows—there is hardly a day in the year when one cannot bear the window an inch open at the top. I say at the top, because less draught will be felt; and as warm air always ascends (and the air after it leaves our lungs is warm), the foul warm air will escape by such an outlet, and be entirely got rid of; otherwise, as it cools, it in time descends, and so most likely is breathed again by the

inmates, to the injury of their health. But perhaps some will wonder what becomes of the impure air after it leaves our lungs and dwellings? It goes to support vegetation. Trees, vegetables, plants, etc., make use of what would be injurious to us. We feed them and they feed us. They separate the carbon from the oxygen by means of the sun's rays; the carbon builds up their stems, etc., and they give back the oxygen for us to breathe; and though there are certainly more people in our large towns than there are trees, etc., there are plenty in the world to do all that nature requires. The wind carries the injurious gases away to where they can be made use of, and by these means the air is kept in a pure state.

R. SHIPMAN.



DIETETICS.

DIETETICS AS A FACTOR IN THE DEVELOPMENT OF HOME LIFE.

No. 2.

As an earnest of its aspirations in the direction indicated may be accepted the readiness of this new exponent of household progress to offer to those to whom this domain has long been assigned as a special province for the exercise of their faculties the opportunity of enunciating their views of a subject which cannot reasonably be regarded as second to any of our time. In the common interest it is to be desired that a disposition to embrace such opportunity will not fail to reveal itself, since however small may be the portion of intellectual endowments owned by women, they can, it may be assumed, venture to lay claim to some experience of home life and some knowledge of its drawbacks, even should they lack a full perception of the deep significance and boundless resources of this world in miniature.

At the head of the drawbacks to the higher development of home life may assuredly be placed the dull routine and dead level of uniformity which characterise its present irrational *régime*, and not unfairly has it been said in this generation that while 'the houses of the rich are confectioners' shops, where we get sweetmeats and wine, the houses of the poor are imitations of these to the best of their ability.'

The legitimate outcome of the narrow conservatism which has everywhere, more or less, tended to set up the household as a veritable Moloch, whose very existence may be said to have demanded from woman the continual sacrifice of the higher attributes of their nature, these drawbacks can only be expected to disappear when the attributes referred to are given free play and are carefully cultivated, in order that they may be employed in purifying and elevating human character. Then, and then alone, will the devotion which has been to so large an extent wasted on secondary objects be transferred to primary ones, and men and women become conscious of the evils inseparable from one-sided conditions, and unite their energies in systematic efforts to secure for rational creatures such an environment as shall be calculated to promote the due activity of their whole being.

Differing from the despondent poet previously quoted, and considering that the habits of 'plain living and high thinking,' whose fancied loss he so earnestly lamented, are to be regarded as eventualities of the future rather than as memories of the buried past, it will be our aim, so far as in us lies the power, to point out what seems to us to be the duty of the 'living present,' in regard to them.

The endeavour to remove every cause which militates against the health of the community, and substitute purity for impurity, will at once be acknowledged to be the first duty we owe both to ourselves and posterity, but curiously enough, while there is a general agreement as to this, and a consensus of opinion among the learned as to the dangers to be apprehended from the demon of contagion, both as respects dwellings and persons, and the aid is invoked of the remedial and preventive agencies included in ventilation in the one case, and vaccination and isolation in the other, not only is 'luxury's contagion' either ignored or looked upon with complacency, but the belief fostered in countless homes as to the advantages to be derived from the rearing of fat cattle and the consumption of dead flesh amounts to a superstition.

But for the before-mentioned dead weight of routine, the utter folly of producing, at such cost, an aliment unsuited at this stage of its development to the needs of our race, which inflames the blood and proves a powerful stimulus to intoxicating and narcotic poisoning, would long ago have been mathematically demonstrated and condemned. Above half a century ago it was urged: 'There is no disease, bodily or mental, which adoption of a vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried. Debility is gradually converted into strength, disease into healthfulness, madness in all its hideous variety—from the ravings of the fettered maniac to the unaccountable irrationalities of ill-temper that make a hell of domestic life—into a calm and considerate evenness of temper, that alone might offer a certain pledge of the moral reformation of society. The advantages of a reform in diet are obviously greater than any other. It strikes at the root of the evil. To remedy the abuses of legislation before we annihilate the propensities by which they are produced, is to suppose that, by taking away the effect, the cause will cease to operate. But the efficacy of this system depends entirely on the proselytism of individuals, and grounds its merits as a benefit to the community upon the total change of the dietetic habits in its members. It proceeds securely from a number of particular cases to one that is universal, and has this advantage over the contrary mode, that one error does not invalidate all that has gone before.'

Encountered by the greatest ridicule when uttered, these sentences will appeal with irresistible force to numbers now who entertain the strongest possible conviction that, between an impure flesh-eating diet and the world's crime and misery, there exists a very close connection:

Though the moral reformation therein alluded to is far from being consummated, it has certainly been entered upon, and not only is the power of brute force everywhere crumbling to pieces, but the necessity which constituted 'every man's house his castle' is still operating to finer issues; moral purity, rather than physical supremacy, being the end to which culture is now directed, it is not difficult to foresee that one day 'the progress

of truth' will make every house a shrine, to which whatever is good and true in human nature will be attracted.

JANE H. SIMPSON.

PRESERVED VEGETABLES ARTIFICIALLY COLOURED BY COPPER.

(From a French Point of View.)

IN the January number of the '*Annales d'Hygiène Publique*,' M. Armand Gautier investigates the question whether the copper is poisonous that is used in colouring preserved vegetables. It appears that on an average every year about fifty million pounds of vegetables are prepared, sold, and consumed, over the whole of the world. Of the vegetables preserved in France, Germany, Italy, and Spain, nine-tenths at least maintain their green appearance from the fact that sulphate of copper is used in preserving them. Other methods employed to retain the colour are the immersion of the vegetables, before their tins or bottles receive them, in a solution of carbonate of soda, or in a solution of spinnage and nettles, with the addition of some acids; or introducing into their tins or bottles a mixture of sugar of lime; or lastly, the employment of salt of zinc, which is certainly injurious to health. Pursuing his inquiry into the hurtful effect of copper, M. Gautier observes that the workmen employed in the manufactories of these preserves very frequently support themselves and their families, without any injurious consequences, on tins which are unfit for sale. He represents that copper is to be found in several of our common aliments, particularly cocoa and chocolate, and that it is always to be traced in the human blood and liver. He considers that it is introduced into the system by the liquids we imbibe, or from the utensils that are usually employed. The accidental presence of lead in the preserves, which is owing to the manner of soldering the covers of the tins, he regards as most dangerous to health. After the most careful investigation of the quantities of copper to be found in the various kinds of preserved vegetables, he concludes that copper may be temporarily tolerated, within a narrow limit as to quantity, in the preparation of preserved vegetables.

SALICYLIC ACID AS A PRESERVATIVE OF FOOD.

DR. VAN HEYDEN, of Dresden, has experimented with salicylic acid with a view to its use as a preservative against decay and decomposition; and the results he has obtained have shown that the substance possesses highly valuable properties, rendering it invaluable for every-day use in the kitchen and pantry.

We give a few directions for domestic purposes, based upon the doctor's observations.

Meat, poultry, game, fish, etc., may be protected from decomposition for several days by—

(1) Placing it for 15 or 20 minutes in a solution of 8 drachms of the acid (ten teaspoonfuls) to one gallon of water; or

(2) By rubbing the surface of the meat, etc., with dry salicylic acid, especially about the fatty and bony parts. The meat must be cleaned before cooking.

The acid will turn raw meat slightly pale, but the interior does not undergo any change; and meat so treated requires less cooking.

Milk.—One third of a tea-spoonful of the solid acid per quart prevents the curdling of the milk for thirty-six hours without interfering with its yielding cream. Hence its great value to dairy farmers in the summer season.

Butter.—If washed in an aqueous solution (five tea-spoonfuls of acid to one gallon of water), or kept in it, or wrapped in cloths soaked in the solution, it keeps fresh for a long time. Rancid butter can be improved by thoroughly washing and kneading it with a solution of ten tea-spoonfuls of acid to one gallon of tepid water.

Jams, jellies, juices, and pickles made in the usual way, with about one tea-spoonful of the acid to each four pounds, will keep sound for a long time, fermentation being averted.

New-laid eggs, if placed for half an hour in a cold solution of eight tea-spoonfuls of acid to a gallon of water, and then allowed to dry in the air, will keep fresh for a considerable time. They should be stored in an airy, cool, dry place.

Cheese, washed with a solution, and dried, does not turn mouldy or dry on the outside.

Salicylic acid (Kolbe's patent) may be obtained in boxes from fourpence each at most chemists.

QUESTIONABLE FOOD.

IN the International Congress of Hygiene, 1878, M. Decroix maintained, amidst great opposition, that the flesh of horses which have died from the effects of glanders, and the flesh of rabid dogs, may be eaten with safety; although he would limit their employment as food to cases of extreme necessity.

THE ACTION AGAINST LICENSING HOUSES NEAR THE QUEEN'S PARK ESTATE.

THE friends of temperance, whose appeal for pecuniary aid to provide legal assistance in resisting the attempts being made to thrust licensed houses on the very verge of the estate, appeared in our first number, are prosecuting an active canvass, and they will have largely-signed memorials against the licenses being granted. Their appeal to the shareholders has not met with the generous response expected; but it is hoped that further contributions will come to hand. We again call attention to this important matter, as it has been represented to us that the editorial note appended to the appeal may have operated in deterring shareholders from subscribing on the ground that the contributions would not be required.

THE ADULTERATED FLOUR CASE.

MR. BUHLER and Mr. Steitz appeared before the Lord Mayor at the Mansion House on Saturday last for final examination, in answer to adjourned summonses charging them with conspiring together to obtain, and obtaining, £30 from Mr. Louis Charles Alexander, the official liquidator of the Anglo-Belgian Bank, Lombard-street, by falsely representing that eighty sacks of a certain substance, deposited as a security, contained meal or flour, whereas in reality they contained nothing but plaster of Paris or china clay. The Lord Mayor said that the application made to him on the last occasion, that the City should take up the prosecution, he would take care to forward to the Commissioners of Sewers at their next meeting. Mr.

Tillyard said that, as it had been considered that the stuff in question did not come within the definition of human food in any way, the Commissioners of Sewers might probably consider that they had no jurisdiction in the matter, as the application for an order for its condemnation had been refused. The Lord Mayor said that all he could do was to lay the application before them. He then formally committed the defendants to take their trial at the Central Criminal Court, allowing the same bail as before.

LENTILS.

A GOOD demand continues for both descriptions of lentils; and although the stocks have considerably decreased, quotations have not further advanced. Lentil meal will also, doubtless, come largely into use as an article of regular consumption, but of course the process of powdering and preparing would materially add to the price; still, in this form it has the advantage of being more easily and readily adapted to making soups, etc., and it may also be used for porridge, in place of oatmeal, to which it would possibly be preferred by many. The following describes the treatment of lentils in Germany, where they are a common article of food:—To cook as a vegetable, let them soak over night, and put in cold water to boil slowly till quite soft, when the water must be strained off. Fry a little finely-minced onion in butter, together with a tablespoonful of flour, till the whole is the colour of the lentils: then add gravy, or water strained from the lentils, and boil to a thick sauce, which put to the lentils, and boil all up again, adding salt to flavour, and a little vinegar if liked. Lentil soup is made in the same way, except that the water is not strained off. A similar sauce is used to thicken the soup. About 2lb. of lentils to five pints of water. N.B.—Lentils are discoloured by contact with iron.—*Produce Markets Review*. [Iron saucepans should not be used in cooking lentils.—ED.]

HOW TO COOK LENTILS.

IN a letter to the *Manchester Examiner and Times* 'Adviser' says—The mode of cooking them is as follows: Put into a moderate-sized saucepan, half filled with cold water, a gill of lentils, and let these boil till tender. Pour them into a colander to free them from the water. After having mixed about a dessert-spoonful of flour in cold water, put this into the saucepan already used, add a small piece of butter, salt, pepper, and vinegar to taste. Stir these ingredients over the fire until they boil, then pour in the lentils, and let the whole boil for a few minutes, when it is ready for use. Sufficient for three or four persons. [This appeared in the First Edition of our issue of Feb. 8th.]

COFFEE.

PROFESSOR BINZ, of Bonn, reporting some recent experiments as to the physiological action of coffee, says he found that *very large* doses not only raised the temperature, but caused death by convulsions, which, however, could be averted by artificial respiration. Moderate doses of caffeine raised the blood-pressure, the effect being the same whether the pneumogastric nerves are divided or not. The volatile product developed in the coffee-bean by roasting, acts like caffeine in moderate doses, as a stimulant to the brain, the heart, the respiration, and the heat-producing apparatus. An ordinary infusion of coffee slightly increases rather than diminishes tissue-change, but the influence it exerts in this direction is very trifling. The potassium salts contained in coffee are of no physiological importance.

CURRENT OPINIONS AND EVENTS.

IN 'an age of shoddy and of shams,' people are generally prepared for deceptions being practised upon them by the manufacturers and vendors of goods : but, when fraud has been detected, and a legal decision pronounced, it is rarely that the offenders attempt the plea of 'justification.' We do occasionally hear, however, in our metropolitan police-courts, the plea that injury has not been done to the sanitary inspector who has purchased an adulterated article of diet, seeing that it was obtained not for food but for analysis. On Friday, the 14th instant, a meeting of merchants and others interested in the Lancashire cotton trade was held at Manchester, to consider the effect of the recent decision of the Rolls Court in the case of Provand v. Langton and Riley, when some curious practices regarding the 'dressing' of cotton goods were defended. We read that Mr. John Slagg, jun., presided, and, in opening the meeting, said :

'The recent judgment in the case of Provand v. Langton and Riley was a very serious one indeed, and in many minds amounted to a practical miscarriage of justice. (Hear.) The mildew was a discredit to their trade in some respects, but he did not think that in relation to mildew there was any fraud whatever, because there was no deception. (Hear, hear.) He defied any one to say that any person in purchasing these mildewed goods was deceived in the slightest degree. (Hear, hear.) It was a custom of the industry of Lancashire to supply every demand that was made upon it. In supplying the demand for *filled* shirtings, it supplied not only what had been asked for by the merchant in Manchester, but by the merchant in India or China ; and further, it supplied the demand which was actually made by the consumer himself, and it had *not been shown that the consumer himself had been deceived in the purchase of the goods*. They all knew that in every establishment for the sale of grey cloth there was every description to be bought. There was the pure, and the partially pure—the adulterated and the heavily-sized ; and the buyer went to the warehouse, and selected and paid the price for any of the qualities he required. The chemical ingenuity of the producer had to be exercised. He had to put something in these goods in place of cotton in order to make up the weight required. *The problem before him was how to conduct the chemical portion of his business with perfect safety*. In order to fill his goods to the proper amount, he had to use some water-attracting material. They knew that this could be done by the proper use of antiseptics with perfect safety. But assuming that his chemical process was not complete, then the manufacturer was liable to certain results in the shape of mildew. Who was to bear the risk of these results ?'

The public are not so much interested as to whether the manufacturer or vendor has to bear the cost of bungling in the chemical manipulation of a fraud, as they are in the *fact that cotton goods are systematically dressed and loaded with foreign substances*, with a view to improve the appearance of an inferior article, and so to deceive the buyer.

In the Ministerial statement made to the House of Lords, Lord Beaconsfield referred to the existing distress in the following terms :

'I wish that at this moment I could give authoritative information to your lordships, such as that upon which we form our impression, as a Government, when we hope and believe that the limit of the commercial depression in this country has been reached, and that affairs have now mended. I would venture to think that there are certain indications of an improvement, and that we have seen the worst of a crisis that has been scarcely equalled for the period of its duration. But I am unwilling to express myself in any phrase that would mislead any of my countrymen ; still, there is one subject on which I may speak with confidence, and that is when I express my admiration of the sincere spirit of benevolence that has influenced the country generally at this time. (Cheers.)'

In the House of Commons, in dealing with the same subject, Sir Stafford Northcote said :

'Turning from these matters to the condition of the country, I do not think it necessary to enter into any lengthy details ; but it would be improper, and indecent even, on such an occasion as this, not to express the very sincere grief we feel for the serious distress which has prevailed in some parts of the country, and which I fear has not yet passed away. But we hope with the disappearance of the severe weather—(a laugh)—I think there has been a great deal of distress caused by the late frost, which rendered it extremely difficult for many of the working classes to obtain employment. I can only hope that matters may tend to improvement, and I think it would not be graceful to pass from this part of the subject without acknowledging the very great liberality with which so many persons in the distressed districts have come forward to relieve the sufferings that have been undergone. The benevolence of the people of England is never tardy, and I believe it has been, in the present instance, not only liberally but wisely distributed.'

Sir Charles Dilke evidently thought the cause of the distress was more deeply seated than the Chancellor of the Exchequer had regarded it. He said that :

'He thought the remarks of the Chancellor of the Exchequer on the subject of the distress in the country were hardly adequate to the occasion. The right hon. gentleman had said that the distress was greatly diminishing. He (Sir C. Dilke) did not think hon. members who represented the centres of industry in the North were of that opinion, but rather thought the distress was more widely spread, and was, therefore, more severe, and that although some of it might have been caused by the frost, it was in some respects increasing.'

There are, doubtless, districts in which the frost has played an important part in producing temporary distress. On Saturday last, the applications for relief at the central offices, Windmill Street, Manchester, numbered only 52, as compared with over 200 on the previous Saturday. About 600 cases were reported as being on the books, receiving relief ; but it was expected that the number would be reduced to one-half by this day.

Mr. William Hoyle took occasion to place his view of the case before the Manchester Chamber of Commerce on the 3rd inst., and in the course of a valuable and interesting address, he said :

'They looked at the warehouses, and they saw the stocks of goods piled up, and they said, Over-production ! But let them take a walk down the streets of our towns and cities, and note the ragged backs ; let them peep up into the homes of the people, and see how far from distress they were ; if they did this, they would be led to say, Under-production ! The question was, Why did not the goods piled up in the warehouses find their way upon the backs and into the homes of the people ? What was the cause ? The money which should go into the till of the draper, the grocer, the tailor, the cabinet-maker, &c., went into the till of the publican. In 1877 we spent £142,000,000 upon intoxicating liquors ; if that, or if even half of it, had gone in the purchase of our manufactures, there would have been little or no depression. During the three years ending 1850 the money spent in intoxicating liquors was £267,938,575, whereas for the three years ending 1877 it was £432,172,657, being an increase of £164,000,000, or about sixty per cent. The amount of cotton consumed for the three years ending 1860 in the home trade was 503,000,000lbs., but for the three years just ended it was only 395,000,000lbs., being a falling-off of 108,000,000lbs., or twenty per cent. ; the population in the meantime having increased eighteen per cent. In the year 1878 the value of the cotton goods consumed in the United Kingdom was only about £10,000,000, whereas the drink bill would be about £140,000,000. Only think of this—fourteen times as much spent upon drink as upon cotton goods, our staple industry ! No wonder that trade should be so bad. How could it be otherwise ?'

The leading journals are allowing the food question to be freely discussed, and much useful information respecting the

relative value of different articles of diet is being scattered. In such a time as the present, it is clear that those are the true friends of the people who instruct them how to get the best value for their money, rather than those who urge and encourage them to 'strike' for increased or against reduced wages. According to the *West London Advertiser*, Sir Charles Dilke, in a recent lecture upon gooseberries, wisely touched upon the question as follows :

'After references to Egyptian affairs, the deadlock in Victoria, and the comparative ease with which the recent French crisis had been overcome, the lecturer spoke of the prevailing distress. Avoiding its political bearing, he considered the best means of alleviating it. Several vegetarians had written recommending a vegetable diet as alike economical and nutritious. Although he did not agree with all that had been put forward, he could testify from personal experience as to the value of lentils as a very excellent article of diet. In France their use was much more general than in England, whilst it said much in their favour that the French clergy, generally excellent judges of what is good—he did not say it in any derogatory sense—partook of lentil soup on their fast days. The taste of lentil soup bore great resemblance to the flavour of meat, and possibly it was from this cause that the lentils were held in high favour. The introduction of any cheap substantial article of diet that could be used by the distressed people at the present time would be a blessing to all.'

The battle of the lights is still waged with increasing ardour. Gas discounts electricity, and electricity, in its turn, underrates gas. The champions of either system, however, should remember that nothing is likely to be gained by underrating an opponent, and it would have been well had this been borne in mind by the Hon. R. Howe-Brown, governor of the Gas Light and Coke Company, when discussing the relative advantages of the two methods of lighting at the recent half-yearly general meeting of the Company. In the course of his remarks Mr. Brown said :

'There had been three attempts in London to introduce this mode of lighting [the electric]—one on the Holborn Viaduct, the second on the Victoria Embankment, and the third in Billingsgate Market. The report in each case was to the same effect. The lights could not be relied on, and frequently the gas had to be lighted. In a fog the lighting power of electricity was nil. In Billingsgate the electric light had been abandoned, as it was found not at all adapted to the requirements of those who had business to do at that market. The colour of the fish was also altered, and frequently a mackerel could not be distinguished from a whiting.'

But so far as the Holborn Viaduct is concerned, Mr. Brown was in error. We have seen the light there in a dense fog, when the ordinary gas-lamps were scarcely visible, but the electric light illuminated the roadway in spite of the thick fog prevailing.

Level railway crossings are always dangerous, both to pedestrians and to railway travellers, but they are especially so when in the midst of, or in near proximity to, populous districts. The *Manchester Examiner* of Monday last informs us that on Saturday morning, the 15th, a frightful accident occurred on the Lancashire and Yorkshire Railway at Harrison's Crossing, Blackburn. A child named Charles Richard Hindle, aged five years, was passing the crossing on an errand on which it had been sent, when the 10.50 express train from Preston to Blackburn came up and caught him. His body was literally cut to pieces, being dragged some distance and run over by several wheels. Afterwards the remains, which were scattered on the railway, were picked up and put in a wrapper and carried

home by a policeman. This is the sixth accident that has occurred at this crossing. It is a dangerous place, as trains pass it at a great speed, and large numbers of people have to go over the lines daily to and from their work. On both sides of the railway the district is a very populous one, and the necessity of erecting a footbridge has often been mentioned.

There is not a more dangerous level crossing near London than the one at the Shaftesbury Park Estate. Its existence is a scandal, and it is to be hoped that prompt measures will be taken to remove what is not only a nuisance but a danger to the inhabitants. The best solution of the difficulty would be a railway station and footbridge.

NOTICES OF BOOKS.

Christianity and a Personal Devil. By Patrick Scott. Second edition, enlarged and re-arranged. London, Pickering.—The author has evidently spent much time and thought in investigating the subjects discussed by him. The work bears evidence of patient inquiry and research, and the theme of the personality of the Evil Power is supported by a close array of reasoning. But while generally taking the orthodox view of things, the writer is liberal in his views, as the following remarks upon the condition of the heathen shows :

'But they (the heathen) who have kept themselves pure among the impure, may be admitted into one among the many mansions of heaven when they have in God's good time learnt to love the Builder. We cannot believe that they were created merely to be condemned.'

The work, which is nicely printed, will well repay a careful perusal.

Our Domestic Poisons; or the Poisonous effects of certain Dyes and Colours used in Domestic Fabrics. By H. Carr, M. Inst. C.E. London, Ridgway, 1879.—This is a very timely and useful pamphlet, and though small in bulk, its author has succeeded in compressing into it much information upon the use of arsenic and other poisons in the colouring of wall-papers, and fabrics employed for clothing and for other domestic purposes. The subject is one of great importance, as health may be severely damaged before the cause of the mischief is discovered or even suspected. A number of illustrative cases of the pernicious effects of certain fabrics are given; and the author, in conclusion, affirms that the facts stated demand a Parliamentary inquiry, with a view to legislation and Government inspection.

A Talk with Boys about Tobacco. By A. A. Reade. London, Partridge & Co.—Ought to be widely circulated, as amongst boys the vice of smoking is, it is to be feared, largely on the increase.

How to Live on Sixpence a Day—an abridged 1d. edition of Dr. Nichols's larger work—should obtain a wide sale. Its contents are interesting, valuable, and suggestive even to those who do not go the whole length of the writer.

PERIODICALS RECEIVED.

Dietetic Reformer. This Magazine, the organ of the Vegetarian Society, contains much useful information.—*The Church of Ireland Temperance Visitor*, No. 1, February 1st, is the new organ of the Church Temperance Society. It is nicely printed, carefully edited, and contains many interesting articles, reports, and items.—*Temperance Worker*, Pitman; and the *Lay Preacher*, Longley, are two Magazines edited by the Rev. F. Wagstaff, of Birmingham, and both are excellent in their way.—*Kentish Templar*, Graham, Maidstone.—*Modern Thought*. A high-class Monthly Journal.

CHARITY.

'Charity delayed is half lost.'

'Pride and charity do both feed the poor; the one gets the praise of men, the other for the love of God and our neighbour.'

'To be charitable in a man's lifetime is much more commendable than to be so at his death; for death-bed charity is something like death-bed repentance.'

HUMAN INTERESTS.

By SAMUEL SAINSBURY.

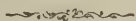
How delicate the search for, how untiring the pursuit of, any truth in physics and metaphysics; yet when the high and important interests are the exaltation and happiness of the whole human family, how vague, loose, and intermitting the inquiry into the forces of human conduct; whereas adequate study of the sources and sequence of human conduct would inevitably suggest such treatment of the young as would of a certainty induce virtue.

Our success in training wild and domestic animals at once illustrates our powers to teach and train the most imitative and teachable creature on earth—the child.

The depravity of the present generation amongst the poor and ignorant largely, if not entirely, lies with the exalted, rich, and well-to-do members of society, who, through ignorance of the righteous duties devolving on them, and through apathy arising therefrom, have allowed the children of the poor and depraved to grow up in utter mental and moral darkness, in squalor, want, and ruffianism. And further, by reason of the vicious consequences of their neglect, have had these poor victims drafted off into prisons, where the education and treatment for the growth of vice continues, until at length the merciless consummation of the gallows is reached. Yet this ignorance and apathy of the well-to-do classes, deep rooted as it is, will happily be dissipated year by year, through the means that will ameliorate and largely destroy the moral evils that afflict the present generation.

There is one remedy—those who would teach must themselves be most assiduously trained in the study of the sources of human conduct, and, through discovery of them, learn to guide the conduct of children to the rich inheritance of virtue in which all would alike rejoice, did they, by means of love and knowledge, have unfolded to them the exceeding reward of duty faithfully and bravely carried out.

Intellectual training will not alone do this; the emotional and moral training must be as assiduously cultivated as the mental faculties. Emulation in conduct must be the highest competition entered on by students, a competition that will not endanger disparagement or envy, but will enlist modesty and generosity under all circumstances. Children should never be left, but wisely and lovingly directed in all their treatment one of another; direction is equally necessary to the management of the most trivial games as to that of the most advanced studies. How many hedge-rows in rural districts have in their shadows troops of boy-children busy at the spoliation one of another by every species of chicanery and cunning; this is at once the result of the neglect of their proper direction as of their assiduous training amongst each other in evil courses of precious greed.



ON THE POPULARIZATION OF ART.

By MR. WILLIAM MORRIS.

At the weekly meeting of the Manchester Literary Club on Monday, the 10th inst., Mr. J. H. Nodal, the president, in the chair, a letter received by Mr. T. C. Horsfall from Mr. William Morris, on the Popularization of Art, was read (in Mr. Horsfall's unavoidable absence) by Mr. George Milner on his behalf. The president, in introducing the reader, said Mr. Morris was not only the author of the 'Earthly Paradise' and other poems, but he was the practical head of a famous firm of decorative art manufacturers in London, and therefore he wrote upon the subject of art from actual and intimate knowledge.

Mr. MORRIS, in the letter, said: I believe cheap art to be an impossibility. All art must cost time, labour, thought, anxiety; in short, wear and tear of body and soul. It will cost this when the world in general is in full consent as to the necessity of its existence. At the present time the world is not so consenting. Thoughtful men are divided on the subject; some look upon art as a disease, or a folly of childhood; others, while admitting its present decrepitude, cannot see what is to supply the place of it in men's minds when the last of it is gone. Meanwhile, the great mass of civilized men will neither make up their minds to have it or leave it; the old ideas yet cling to them, and though they must needs be influenced by things that are coming, they cannot foresee them or prepare for them.

About one thing, however, they have made up their minds, and that is that art, though it may still be allowed to live if it can, must at all times and in all places yield to every other consideration. Now, if the practice of art at all times must be laborious and exhausting, how much more must it be so when it is carried on in the teeth of the general mind of men? On the other hand, the demand which is made for cheap art by those who wish to keep up the old traditions is met by the supply of sham art, manufactured by people who do not care about it, but who turn it out on business principles, as they would guns, or poison, or other curses of mankind, if they were asked for them. This, of course, can be had at any price that people will give for it; but to my mind, and I have no doubt to yours, the blankness of a prison or a workhouse would be preferable to the 'decoration' thus supplied, which does not give the maker pleasure to make nor the user pleasure in using. If it were not for the slavery of habit we should speedily be quit of this; and one day, doubtless, we shall be quit of it, with other hurtful rubbish. Meantime, I repeat that all who care for art must make sacrifices for it much greater, in these days of transition, than they would have to if art were an admitted necessity, and it were cherished by all men. Are working men in a position to make those sacrifices? Surely we must say that, as individuals, they are not. Nor have they any thought of it; the sea is salt wherever you draw up the bucket, and ten average working men are just like ten average manufacturers, barristers, parsons, or what not. Whenever they do begin to think of it, we shall all have news of the same from the trades unions; the hearts of the handicraftsmen (in combination), are set upon lifting up their class as a body. It is both natural and necessary that they should have begun that endeavour by the struggle about wages, but I think they have already begun to see other necessities; and if art is ever to be anything else than a grievous battle for a few discontented artists, and a languid amusement for a few dilettanti fine gentlemen, they will one day see the necessity of art. I do not hope to see that day, but, if I should, how fully shall I be rewarded for any pains I have taken; for then, indeed, the battle of art will be fought and won; because these are the people who make all objects of architectural art, and their bestirring themselves in the matter will mean that the civilised world in general is also stirring, and has begun once more to crave for the decencies of life. Meantime I must needs say that art knows no distinction of classes; what is good for the palace is good for the cottage, and *vice versa*. In architectural matters the vices of the rich are pretty much the vices of the poor. Yet if anything I could say could be of any use to a man here and there who may have any longing for art, I should be sorry to leave it unsaid. So at the risk of wearying you with truisms, I will write down a few things that have occurred to me, as they probably have to everybody else that has thought of decorating a man's dwelling. First as to the text to preach from. Do not have anything in your house that you do not know to be useful or believe to be beautiful. If this rule were to be carried out, we should get rid of most upholstery. 2. Never have anything which is not good and sound in workmanship; of such sham articles, the dealing in which forms such a large part of modern commerce, one must say that the handicraftsman, the salesman, and the public strive mutually to cheat each other, and succeed. 3. A thing (house, piece of furniture, or the like), if it is essentially ugly, is made uglier by any attempt to decorate it with surface ornament—e.g., it is impossible to ornament a modern piano or a chimney-pot hat. Things that have been said over and over again, I know, but almost never acted upon in our day; and I do not think that there can be any other general principles than these. As to matters of more detail, the first thing to be considered for London and the big manufacturing towns is, what is to be done to beat the smoke and dirt? I am afraid that is a very difficult question. We can hardly help using some paper-hangings now-a-days; but the very cheap ones are, besides being generally ugly, almost impossible to clean. A patterned wall that will wash without being ruinously expensive is very much wanted for smoky towns. Rich men and public buildings might use marble and tiles and mosaic, of course, but some kind of cement wall, like the Arab work, would be the general thing. All curtains, of course, ought to wash, and the public in general ought at once to strike against the manufacturers printing other than fast colours on their chintzes. In places where people come and go with muddy shoes, no one ought to have carpets laid down. As for poor houses, nothing makes a place look more disastrously uncomfortable than a mangy strip or two of carpet about; and in rich houses it goes against the grain with me to see London mud stamped into beautiful and laborious pieces of eastern work; in the East, of course, people always take off their shoes before they tread on the carpeted part of a room.

(To be continued.)

CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

'Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.'—*Bishop Watson.*

HOW TO COOK LENTILS AND HARICOT BEANS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

In the receipt given,* Feb. 8th, it is advised to boil lentils till tender; this would take a long time. The better way is to steep lentils or haricot beans in cold water for a night, and next morning put them on the fire and boil till tender; butter sauce and parsley may be added. The water in which these seeds are boiled is highly nutritive, and may supersede beef-tea. Some prefer a little vinegar over lentils. They are, as well as haricot beans, considerably more flesh-forming and heat-giving than the fibrine of meat. A meal off either beans or lentils can be had for two-pence or even less, and they should be well masticated. To insure *indigestion*, and so cause a waste of means, of energy, and of life, bolt them down with a large plate of meat and a pint of beer.

Yours faithfully,

CHARLES DELOLME.

48, Rathbone Place, W., Feb. 15, 1879.

THE ARTIZANS' COMPANY—A TENANT'S VIEW.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

As a tenant I am much obliged to you for the light you are giving us on the origin and early work of the company. It must indeed be news to us tenants; and we shall watch your account of the company with interest.

We should never have dreamt that the company was ever one for providing houses in the interests of the occupiers; and, I am sure, if they (the occupiers) were *now* consulted as to the building of the houses, great improvements would be made on the present arrangement.

We should say larger rooms; when you are about it, a few inches does not cost much, but would make the houses worth more rent. We should say good foundations, so as to have dry houses; and, above all, abolish the smoke nuisance by building chimneys, not by sending us tin blowers.

I shall have more to say on this subject, if you will give me space.

I am, Sir, yours, &c.,

O STREET.

Queen's Park Estate, Feb. 17th, 1879.

FITHIAN'S PRIVATE HOTEL,

17, GREAT CORAM STREET, BRUNSWICK SQUARE.

THE second anniversary of the opening of the above hotel was celebrated on Friday evening, the 14th inst., when a number of friends, including the Rev. Dawson Burns, M.A., met the host and hostess, Mr. and Mrs. W. Fithian, and partook of a substantial tea. Those present expressed themselves as being very much pleased with the arrangements made to secure the comfort of visitors. The central situation of the hotel and its general convenience are such as to justify the belief, that it may be well patronised by temperance friends and others visiting the metropolis.

THE GUILD OF ST. GEORGE.

THE first ordinary general meeting of Mr. Ruskin's Company of the Guild of St. George will be held at the Queen's Hotel, Birmingham, on the 21st inst., at two o'clock. 'This company,' says the *Athenaeum*, 'as is well-known to readers of "Fors Clavigera," was formed in the hope of maintaining some portion of our country in its primitive beauty, and with a wish to prove that the labour which is required for the life and progress of our race does not of necessity involve the disfigurement of the country or the partial degradation of the labourer. The company proposes to "buy land in England, and thereon to train into the healthiest and most refined life possible as many Englishmen, Englishwomen, and English children as the land they possess can maintain in comfort." With this object schools are to be built, books, drawings, and pictures purchased, and museums formed, and, after having done as much manual work as will provide them with food, those willing to be taught are to be schooled in all branches of honourable knowledge and graceful arts. The vital principle of the guild is that whatever profit is made out of the management of the land is to be applied to the comfort and welfare of the workmen themselves; and it is also a rule that no machine is to be used where the hand will serve.'

TO CITY CLERKS AND OTHERS.

It is proposed to have in the City Diet Reform Restaurants, which will be able to supply their customers with superior refreshments, and at about one half the price of restaurants which furnish expensive animal food. Those persons interested in so important a question—and it would be difficult to name a more important one than health or economy—are requested to address J., care of the Food Reform Society, Franklin Hall, Castle Street, Oxford Street, W.

'JERRY BUILDINGS' AT GREENWICH.

MR. CHAMPION, builder, of Lewisham, appeared to an adjourned summons, at the instance of the Metropolitan Board of Works, at the Greenwich Police-court, on the 5th inst., to show cause why an order should not be made upon him to take down three of six houses constructed by him in Hither-green-lane in December last. Mr. Napier, an officer of the Board, attended to support the summons, and Mr. Carttar for the defendant. Mr. Badger, the district surveyor for the Lewisham division, and Mr. Tabberer, surveyor for the Greenwich division, gave evidence, and it appeared that a block of six houses had been put up in six weeks before Christmas, and that Mr. Badger had cautioned the foreman conducting the building as to the mortar that was being used. One corner of the block was intended for a shop, and the corner house had an iron construction, tying two of the adjoining houses to it, but on December 21 and 22, owing to the frost and thaw, the corner house and next house fell, and twenty-three hours afterwards the third fell. Specimens of the mortar used were produced, which were said to feel like snuff when pinched between the thumb and finger. The three structures had a facial defect, and there was a danger of their falling from the manner in which they had been built, and Mr. Badger would not agree to their being left in their present condition. Mr. Carttar observed that it would be ruinous to defendant if an order was issued for defendant to pull down the three houses, and called the managing man who had carried out the construction, and had done work on it, and also architects, who gave evidence that the specimens of mortar produced were not such as would lead them to give a certificate for 'contract work,' but that it was pretty good mortar for 'speculative building.' They also averred that, after inspecting the three houses since, there were many more worse built than these, and that there was no necessity to pull them down. Mr. Balguy said it was sought to prove that Mr. Badger and the other district surveyor had made too much of the danger attending the structure. He did not see much difference between the samples produced of the mortar used, and he should make the order asked for, leaving what was required to be done in 14 days in the hands of Mr. Badger.

CHASTITY.

'Chastity is a virtue of the soul whose companion is fortitude.'

* As the receipt did not appear in the whole of our third issue, we reprint it on page 56

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge*.

The busy man turns angrily aside
The man who stands with arms akimbo set
Until occasion tells him what to do;
And he who waits to have his task mark'd
Shall die and leave his errand unfulfill'd. —

Jas. Russell Lowell.

The Will to the Deed—the inward principle to the outward act—is as the kernel to the shell; but yet, in the first place, the shell is necessary for the kernel, and that by which it is commonly known; and in the next place, as the shells come first and the kernel grows gradually and hardens within it, so it is with the moral principle in man. Legality precedes morality in every individual, even as the Jewish dispensation preceded the Christian in the education of the world at large.

The Will for the Deed.—When may the will be taken for the deed? Then when the will is the obedience of the whole man; when the will is in fact the deed, that is all the deed in our power. In every other case, it is bending the bow without shooting the arrow. The bird of paradise gleams on the lofty branch, and the man takes aim, and draws the tough yew into a crescent with might and main, and lo! there is never an arrow on the string. —*Coleridge*.

It will not be doubted that, with reference either to individual or national welfare, agriculture is of primary importance. In proportion as nations advance in population and other circumstances of maturity, this truth becomes more apparent, and renders the cultivation of the soil more and more an object of public patronage. The life of the husbandman, of all others, is the most delightful. It is honourable, it is amusing, and, with judicious management, it is profitable. —*George Washington*.

INSCRIPTION ON A PORTRAIT OF JAMES I.

Crowns have their compass, length of dayes their date;
Triumphes their tombes, felicitie her fate:
Of more than earth can earth make none partaker,
But knowledge makes the king most like his Maker.

Beloe's Anecdotes.

Justice is the great interest of man on earth. It is the ligament which holds civilized beings and civilized nations together. Where her temple stands, and so long as it is duly honoured, there is a foundation for social security, general happiness, and the improvement and progress of our race. —*Daniel Webster*.

What manner of being thrives best in society and the world? A mean, obsequious shoe-buckler, or at best some round-visaged rogue who was popular at school for his cruelty. A grazer on the world's common, whom folks ask out, they know not exactly why, because he sings like a mock-bird of the opera, because he bows well, or can speak ill of his neighbour; a fellow who has no indenture in his framing where good and evil make teeth with each other. A fellow altogether smooth and indifferent. A cement of fools and knaves, that fills up society. This man rubs his hands by the fire that burns your house down, yet you cannot touch him for smiling. It is not his affair. But he shall betray your confidence as easy as he will unloose a shoe-buckle, and if Misfortune meet him in the street, he will shun her like a poor friend. —*Alfred Bate Richards*.

So live that, when thy summons comes to join
The innumerable caravan, which moves
To that mysterious realm where each shall take
His chamber in the silent halls of death,
Thou go not, like the quarry-slave at night,
Scourged to his dungeon; but sustain'd and soothed
By an unfaltering trust, approach thy grave
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams.

Wm. Cullen Bryant.

JUDGES.—What shentleman is that upon the Pench, in hur Cown and hur Pelt, and hur Black Cap? Why, marry (quoth Morgan) hur is an-old woman that takes hur nap upon hur cushion, and then hur tells the Shewry hur Tream. —*A Learned Dissertation upon Old Women*.

Stone walls do not a prison make, nor iron bars a cage;
Minds innocent and quiet take that for an hermitage.
If I have freedom in my love, and in my soul am free,
Angels alone that soar above enjoy such liberty.

Lovelace.

He who neglects the good he may have shall find the evil that he would avoid. —*Owen Felltham*.

When thy hand hath done a good act, ask thy heart whether it is well done. —*Fuller*.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

Received with thanks.—T. K., M. N., M. H. J., J. B. D., C. W. B., J. H. and F. R. L. A. J. LARKING.—The Annual Meeting of the Company is fixed for Wednesday, 26th of March.

THOS. JONES.—A dividend will be declared, but it will certainly not be higher than three per cent. Shares have recently been sold at prices ranging from £5 10s. to £6 10s.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE AND HOME.

Weekly 1d.; Monthly 6d.

No. 1, Saturday, January 25th.—Principal Contents: Our Programme.—George Peabody (with Portrait).—The Parkes' Museum of Hygiene.—Dietetics as a Factor in the Development of Home Life.—Food and its Functions. Current Opinions.—The Pleasures of Home.—Hygiene Applied to Dwellings.—Sanitary Work in Country Mansions.—The Liquor Traffic and Licensing.—Gems of Thought.

No. 2, Saturday, February 1st.—Principal Contents: On Artizans' Dwellings and their Healthfulness.—The Morals of Hygiene.—Sanitary Reform.—Health and Recreation.—Dietetics.—The Adulterated Flour Case.—Billy's Rose. Current Opinions and Events.—Hygiene Applied to Dwellings.—Agricultural Labourers' Dwellings.—The Artizans' Dwellings Schemes.—Gems of Thought.

No. 3, Saturday, February 8th.—Principal Contents: The Artizans' Labourers' and General Dwellings Company.—Cheap Food for the People.—The Preservation of Animal Structures.—Adulteration of Food.—Current Opinions and Events.—Roman Houses.—An Alleged Sanitary Heresy.—Thrift.—Household Hot Water Apparatus.—Birds and Fruit.—Gems of Thought.

No. 4, Saturday, February 15th.—Principal Contents: The Artizans' Labourers' and General Dwellings Company, Limited.—Professor Corfield on Healthy Homes.—The Hygiene of Reading.—The Printer.—Dietetics.—On the Preservation of Animal Structures.—The Adulterated Flour Case.—Bread and its Adulterations.—The Qualities of Milk.—Current Opinions and Events.—Household Hot-Water Apparatus.—Gems of Thought.

PORTRAITS.

We intend to publish Portraits monthly, and among the earliest will be those of

1. THE RIGHT HON. EARL BEACONSFIELD, K.G.
2. THE RIGHT HON. EARL DERBY, K.G.
3. THE RIGHT HON. EARL SHAFTESBURY, K.G.
4. RT. HON. R. A. CROSS, M.P.
5. SIR SYDNEY H. WATERLOW, BART, M.P., Ald.
6. DR. B. W. RICHARDSON, F.R.S.
7. THOMAS HUGHES, ESQ., Q.C.
8. JOHN RUSKIN, ESQ.
9. W. M'C. TORRENS, ESQ., M.P.

AGENTS FOR 'HOUSE AND HOME.'

Madame L. Shillabeer, 14, Harrow Road, Queen's Park Estate, W.
Mr. Godin, 16, Eversleigh Road, Shaftesbury Park Estate.
Messrs. Willing & Co.'s Railway Bookstalls.
Barnard & Co., Red Lion Passage, W.C.
Bayly, Euston Road.
Commer, Gray's Inn Road.
Dunmall, G. H., 3, Trevorton Street, Notting Hill, W.
Freeman, Fetter Lane.
Fraser, 45, Southampton Row.
Grigg, Fetter Lane.
George, Hatton Wall.
Hall, Chandos Street.
Hamp, Frances Street, Tottenham Court Road.
Jackson, King's Road, Chelsea.
Jones, 58, Fetter Lane.
Jones, Broad Street, Bloomsbury.
Lawrence, Red Lion Passage.
Manners, Fetter Lane.
Mattock, Cheyne Walk, Chelsea.
Mears, Chapel Street, Tottenham Court Road.
Morris, 178, High Holborn.
Nicholls, Upper Kennington Lane.
Nye, 78, Theobald's Road.
Parnell, Southampton Row.
Peeks, St. Martin's Lane.
Rand, 16, Hampstead Road.
Todd, 171, Drury Lane.
Wilson, 37, Church Street, Leather Lane.
Williams, Leather Lane.
Wells, 76, Theobald Road.
Mr. W. Prendeville, Superintendent's Office, No. 2 B Block, Peabody Buildings, Dockhead.
Miss J. Davy, 14, Pimlico Road, S.W.
Mr. H. W. Harris, 4, Blackfriars Road.

'HOUSE AND HOME' may be had by order of any bookseller, or from any bookstall.

* * * The Publisher is prepared to receive applications for Agencies from suitable persons residing in or near to Improved Dwellings.

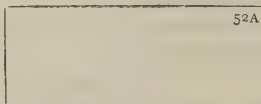
The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the rate of 3d. per twelve words; but less than four words will be charged one penny. Halfpenny stamps are received in payment.

Advertisers not wishing their names and addresses to appear must intimate their desire to us, when we attach distinctive numbers to such advertisements; and all replies to such advertisements must be addressed, under cover, to the respective numbers at our Office.

In replying to an advertisement to which a number is attached, the answer must be contained in a blank envelope, which must be fastened, with the number of the advertisement distinctly written upon the top right hand corner of it, thus—



and enclosed with a penny stamp in another envelope, addressed to the Manager of "House and Home," 335, Strand, W.C.

We strongly urge strangers, when dealing with each other, to deposit the purchase-money at our Office. When this is done the deposit will be acknowledged to both parties, and we shall hold the money until we are satisfied that the transaction is completed; when, if a sale has been effected, we shall remit the amount to the vendor, but if a sale is not effected and we are satisfied that the goods have been sent back to the owner, the money will be returned to the depositor. In either case we deduct 6d. commission if the amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on approval should not be kept more than four days. We advise all goods to be purchased on approval, and the right to return them should be insisted upon. When a number is used instead of the name and address of the advertiser, the name of the town should be appended to the advertisement, thus—(Gloucester.)

Unless otherwise stated the prices advertised do not include the postage or carriage of the article offered for sale. The rule in the case of an article sent on approval but returned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting strangers. Goods ought never to be parted with for Bills, Drafts, Cheques, or Notes, until these have been cleared, or their genuineness otherwise ascertained. The deposit system, however, provides Perfect Safety.

All letters must be addressed to the Manager, Sale and Exchange Department, "House and Home," 335, Strand, W.C.

Deposits must be made by Cash, or by Cheques, and Post Office Orders, drawn in favour of John Pearce, and payable in London.

The Sale and Exchange.

THE LIBRARY.

HISTORY.—Quite equal to new, Gibbon and Ockley's History of the Saracen Empire (Murray), 2s.; Memoirs of the Court and Times of Queen Elizabeth, 2s.; Hallam's State of Society in Europe during Middle Ages, 9d.; History of the Decline and Fall of the Roman Empire, by Gibbon (Bohn's imperial edition), pub. at 31s. 6d., for 9s. 6d.; Burnet's History of his own Time (Bohn), pub. at 25s., for 7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half morocco, 16s.; Hume's England, 3 vols., cloth, 1871, 7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.; Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.; England under Henry VIII., by Lord Herbert, 1872, 3s. (London)—53.

RELIGIOUS.—The following are from the library of the late Bishop Wilberforce: Mornings with Mamma, fourth series, roan, 2s.; The Epistle to the Galatians, by Sir Stafford Carey, M.A., 2s.; Church Expansion, by Rev. C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural Deans, by Fendall, 1s.; The Spiritual Combat, by Father Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Tegg, London), a large vol., half-bound, in good condition, 6s. 6d.; Milton's Works, prose and poetical, in one large vol., cloth (Bohn), 7s. 6d.; Budinger's Abridged Bible, from the German, by Asher, 1s. 6d.; Cobbin's New Testament with notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in 3 vols., 6s.; New Testament in Hebrew and Greek on opposite pages, 2s.; The Perfect Life, by W. E. Channing, 2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.; Invocation of Saints and Angels, by Shipley, 1s. 6d.; Femall Glory, 1635, reprinted and edited by Shipley, 2s. 5s.

OLD LITERATURE.—The Reconciler of the Bible, by J. T., Minister of the Gospel, London, 1656, old calf, 2s. 6d.; Heaven Opened, by R. A., London, 1665, old calf, 2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A., in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology, in two small vols., newly bound in leather, 1799, 3s.; Characteristics, by Anthony, Earl of Shaftesbury, in 3 small vols., old calf, 1749, 5s. —57.

The Modern Picture of London, by N. Whittock, Virtue, 2 vols., imperfect, but containing many steel engravings, 2s.; Fielding's New Peirage of England, Scotland, and Ireland, 1784, very clean, 2s. —58.

POLITICAL.—Letters of Rannymede, by Lord Beaconsfield, 1836 (a very daring work in his most sarcastic style), 10s. 6d.; The Voyage of Captain Papanalia, first edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for the People, edited by J. A. Roebuck, M.P., London, 1835 (a most radical production of the *then* radical reformer), 8s.; Individual Liberty, by Vindex (a clever reply to J. S. Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the Man of his Time, from caricatures, over 100 caricatures, 4s.; The Great Suez Canal, its political, engineering, and financial history, by Percy Fitzgerald, 2 vols., pub. 30s., 5s.; Life of Thomas Wentworth, Earl of Stafford, by E. Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney, 1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.; Memoirs of Distinguished Political Women, 2 vols., 3s. 9d.; Old Rome and New Italy, by Castelar, translated by Mrs. Arnold, 2s. 6d.; Secret Societies of the European Revolution, by Frost, 2 vols., 5s. 6d. —60.

EXCHANGE.—Advertiser offers 'Horticultural Record,' weekly, for 'House and Home' weekly, or 'Literary World,' monthly, for 'House and Home,' monthly. (Denbigh)—73.

MAGAZINES (unbound, complete, and quite clean).—Leisure Hour for 1867, 1868, and 1869; Chambers' Journal, 1864; Quiver, 1870 and 1871; all at 2s. each. —74.

ENGRAVINGS.—Two fine engravings, John Wesley Preaching on his Father's Tombstone, and 'Charles Wesley preaching to the Red Indians.' What offers? —75.

MEDICAL AND SCIENTIFIC.—Notes on Epidemics, by Austie, 1s.; Beeton's Dictionary of Universal Information, 9s.; Blackwell's Lectures on the Laws of Life, 9d.; Change of Air and Scene, a Physician's Notes and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s.; Our Food, by E. A. Davidson, 9d.; Sciatica and Lumbago, by H. Lawson, M.D., 2s.; Wines and Other Fermented Liquors, by Sheen, 1s.; Smedley's Practical Hydropathy, 2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.; Elements of Health and Female Hygiene, by Dr. Tilt, 1s. 8d.; Utilisation of Minute Life, by Phipson, 2s. 8d.; Kirke's Handbook of Physiology, by Baker, 6s. 6d. —65.

FICTION.—White Conquest, by Hepworth Dixon, 2 vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds, 40 steel engravings, 7s.; Calumny, by Eastwood, illustrations, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d. —66.

The following novels are equal to new, some uncut, in three volumes, offered at 3s. per set:—A Little World, by G. M. Fenn; As the Shadows Fall, by J. E. Muddock; As Innocent as a Baby, by W. C. Russell; Beauchamp's Career, by Geo. Merideth; Black Spirits and White, by F. E. Trollope; Broad Church, by Dr. M. Davies; Captain Fanny, by the author of 'John Holdsworth'; A Charming Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers; The Chronicle of Sir H. Earsleigh, Bart.; Squire Silchester's Whim, by M. Collins; Miranda, by M. Collins; Democracy, by Whyte Thorn; Done in the Dark, by the author of 'Recommended to Mercy'; Doubleday's Children, by Dutton Cook; Durnton Abbey, by T. A. Trollope; Fair, but not False, by Evelyn Campbell; From Plough to Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J. Ayrton; Greed's Labour Lost, by the author of 'Recommended to Mercy'; His Second Wife, by Mrs. Eiloart; Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P., by Mrs. Eiloart; The Landlord of the Sun, by William Gilbert; Love's Young Dream; Oakshott Castle, by Henry Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty Miss Bellow; Shipowner's Daughter, by John Saunders; So Very Human, by A. B. Richards; The Doctor's Dilemma, by Hesba Stretton; Thereby hangs a Tale, by G. M. Fenn; and Verts, by Dr. C. M. Davies.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View of London, by John Corry, 1819, very curious, 2s. 6d.; Hogarth's Works, in three vols., 8vo., cloth, 160 engravings, 13s.; The Genial Showman, Artemus Ward's Life, 4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intemperance, and temperance.—Verax, 'House and Home' office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4. J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high, or 3ft. 3in. wide. State condition. (Reading)—69.

PRINTING.—Wanted a Self-Inking Machine, Model or Simplissimus (London)—70.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MARCH 1st, 1879.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE FOURTEENTH ANNUAL REPORT OF THE TRUSTEES OF THE PEABODY DONATION FUND.

Trustees: The Right Hon. the Earl of Derby (Chairman); His Excellency the United States Minister; The Rt. Hon. Sir Stafford H. Northcote, Bart., M.P.; Sir Curtis M. Lampson, Bart.; Sir Charles Reed, LL.D.; J. S. Morgan, Esq.

Secretary: J. Crouch, 64, Queen Street, Cheapside, E.C.

THE Trustees submit to the public their annual report for the year 1878.

The net gain of the year has been £21,963 os. 11d., as shown by the annexed accounts.

The sum given and bequeathed by Mr. Peabody was, in 1862, £150,000; in 1866, £100,000; in 1868, £100,000; and in 1873, £150,000; making a total of £500,000; to which has been added money received for rent and interest, £199,130 17s. 4d., making the total fund on the 31st of December last £699,130 17s. 4d. Of this amount there was spent to the end of 1878 the sum of £549,947 14s. 3d., thus leaving in the hands of the Trustees at that time £149,183 3s. 1d.

The sum of £9,533 4s. 5d. has been spent during the past year in finishing the buildings at Pimlico, and James Street, Westminster, and these buildings are now fully occupied.

The Trustees have, up to the present time, provided for the artizan and labouring poor of London 5,170 rooms, exclusive of bath rooms, laundries and washhouses. These rooms comprise 2,348 separate dwellings, which are occupied by 9,860 individuals. The nature of the occupation of the heads of the families is set forth in the subjoined table.

Many large plots of land acquired by the Metropolitan Board of Works under the powers of the 'Artizans' Dwellings Act, 1875, in situations where buildings for the poor are much needed, are now being cleared, and will, ere long, be offered for

sale. The Trustees have thought it desirable to delay further purchases of land until some of these plots are brought into the market.

The death rate in the Peabody Buildings for the three years commencing 1st January, 1876, and ending 31st December last, was 20·76 per 1,000, which is about 1·80 in a thousand below the average of all London for the same period. The actual number of deaths is taken from returns furnished by the district registrars, and the calculation has been checked and confirmed at the General Register Office, Somerset House.

The average weekly earnings of the head of each family in residence at the end of the year was £1 3s. 8d. The average rent of each dwelling was 4s. 4d. per week. The rents in all cases include the free use of water, laundries, sculleries and bath rooms.

J. CROUCH, *Secretary.*

London, February, 1879.

THE RENTS CHARGED AT THE VARIOUS GROUPS OF BUILDINGS ARE SET FORTH IN THE FOLLOWING TABLE.

Where Situate.	One Room.	Two Rooms.	Three Rooms.	Four Rooms.
Shadwell ..	2/ to 2/3	3/ to 3/6	4/ to 4/6	
Chelsea.....	2/3 to 2/6	3/6 to 3/9	4/6	
Islington	2/6	3/3 to 3/9	5/	
*Spitalfields	2/6	3/6 to 4/	5/	
Bermondsey.....	2/3 to 2/6	4/ to 4/3	5/ to 5/6	
Westminster	2/6 to 3/3	4/ to 5/6	5/ to 6/9	
Old Pye Street	2/6 to 3/6	3/9 to 4/9	5/ to 5/6	
Blackfriars Road.....	2/6 to 3/	4/ to 4/6	5/ to 5/9	
Stamford Street	2/6 to 3/	4/3 to 4/6	5/ to 5/9	
Southwark Street ...	3/	4/3 to 4/9	5/3 to 5/9	
Pimlico.....	2/9 to 3/	4/6	5/9	7/6

* There are three sets of extra large rooms on this property, for which higher rents are charged.

TABLE SHOWING THE EMPLOYMENT OF THE TENANTS.

Bakers.....	15	Hatters	18	Sawyers	5
Bookbinders, etc...	35	Harness Makers...	7	Scripture Readers	11
Boot and Shoe Makers	25	Labourers	494	Shopmen.....	21
Brewers' Men.....	38	Lamplighters	10	Smiths.....	31
Bricklayers.....	12	Laundresses	12	Soldiers	19
Brush Makers.....	4	Leather Dressers	12	Stevadores	15
Cabinet Makers ...	10	Letter Carriers, etc.	45	Stokers	15
Cabmen	21	Lightermen.....	10	Storekeepers	21
Carmen	97	Mangle Women...	10	Supernumerary	
Carpenters	32	Mariners	13	Clerks	4
Charwomen	70	Masons	13	Tailors	35
Coachmen and Stablemen	37	Messengers	66	Tanners	6
Coal Heavers	5	Milkmen	4	Tidewaiters	3
Coopers	7	Mustard Makers...	16	Time Keepers...	8
Costermongers ...	9	Needle Women ...	118	Turners	3
Cork Cutters	5	Nurses	14	Various Handicrafts	139
Enginemen.....	41	Office Keepers ...	14	Waiters	38
Envelope Makers, etc.	16	Painters, etc.	42	Warehouse Labourers	73
Firemen	6	Pensioners	35	Watchmen	28
		Police Constables	132		
		Porters.....	224		
		Printers	55		

FINANCIAL STATEMENT FOR THE YEAR ENDING 31ST DECEMBER, 1878.

FIRST TRUST.

CAPITAL ACCOUNT.

DEBIT—		£	s.	d.
Amount as per last Report	...	222,315	14	5
Balance of Income	...	5,358	16	5
		£227,674	10	10

CREDIT—		£	s.	d.
Land and Buildings	...	209,825	12	4
Investments	...	14,527	0	0
Cash at Interest	...	2,000	0	0
Ditto at Bank of England	...	1,294	16	2
Ditto in hands of Secretary	...	27	2	4
		£227,674	10	10

INCOME ACCOUNT.

RECEIPTS—		£	s.	d.
Rents, Spitalfields Estate	...	1,062	6	0
Do. Islington	...	1,723	18	7
Do. Shadwell	...	1,646	19	9
Do. Westminster	...	1,665	17	11
Do. Chelsea	...	608	9	9
Do. Bermondsey	...	706	9	3
Do. Old Pye Street	...	1,959	6	9
Interest, etc., on Investments	...	585	10	6
		£9,958	18	6

EXPENDITURE—		£	s.	d.
Rates, Gas, Water, Superintendence and Repairs :				
Spitalfields Estate	...	314	8	1
Islington	...	650	1	9
Shadwell	...	709	17	8
Westminster	...	891	19	10
Chelsea	...	400	11	0
Bermondsey	...	453	7	0
Old Pye Street	...	824	4	0
Expenses of Management	...	355	12	9
Balance to Capital Account	...	5,358	16	5
		£9,958	18	6

SECOND TRUST.

CAPITAL ACCOUNT.

DEBIT—		£	s.	d.
Amount as per last Report	...	454,850	2	0
Balance of Income	...	16,606	4	6
		£471,456	6	6

CREDIT—		£	s.	d.
Land and Buildings	...	340,122	1	11
Investments	...	122,905	5	0
Cash at Interest	...	4,000	0	0
Cash at Bank of England	...	4,428	5	7
Ditto in hands of Secretary	...	0	14	0
		£471,456	6	6

INCOME ACCOUNT.

RECEIPTS—		£	s.	d.
Rents, Blackfriars Road Estate	...	3,801	18	3
Do. Stamford Street	...	4,036	18	4
Do. Southwark	...	3,191	12	3
Do. Pimlico	...	5,574	10	11
Do. Chelsea	...	21	18	6
Do. Little Coram Street,	...	126	2	4
Interest, etc., on Investments	...	4,502	0	7
		£21,255	1	2

EXPENDITURE—		£	s.	d.
Rates, Gas, Water, Superintendence and Repairs :				
Blackfriars Road Estate	...	1,036	12	5
Stamford Street	...	1,030	17	9
Southwark	...	812	18	2
Pimlico	...	1,355	4	2
Chelsea	...	3	14	11
Expenses of Management	...	409	9	3
Balance to Capital Account	...	16,606	4	6
		£21,255	1	2

We have examined the above accounts for the year ending 31st December, 1878, and have compared them with the Books, Vouchers, and Securities of the Trust, and find the same to be correct.

C. F. KEMP, FORD & CO.,
8, Walbrook, London, E.C.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

(Continued from page 52.)

THE Fourth Annual Meeting of the Company was held on Wednesday, March 8th, 1871, at Radley's Hotel, New Bridge Street. Dr. LANGLEY presided, and the report read and adopted states that the share list had been increased during the year to 1,250, and that the receipts on account of shares were £6,000 as against £3,014 at the close of the previous year. Of the 1,250 shareholders, 1,100 are stated to belong to the working classes, and 155 to 'the higher classes, including noblemen of the highest rank, as well as ladies and gentlemen distinguished for their interest in all efforts for promoting the social comfort and prosperity of the working classes.' It is reported that :

'The Company has just completed the erection of a large number of improved Workmen's Dwellings, with a Lecture Hall, and School Rooms, to which the Directors confidently appeal as examples of good workmanship, of unexampled domestic convenience, of a perfection of ventilation not often found in the costliest houses, and of such complete drainage and general sanitary arrangements as render the local origin of disease nearly impossible. Having regard to their cost, their quality, their suitability, or their completeness, these houses are unequalled, of their class, by those of any builder in the United Kingdom. Thus the Directors are able to refer the shareholders to evidences of progress which are palpable, substantial, and permanent, and which will bear the most critical inspection. All improvements in these dwellings have been made by the Company's own workmen, including the important addition of dry ash-closets—the patent of which the Directors have purchased. . . . The Directors are preparing plans for the erection of model dwellings in London, Liverpool, and other districts, where there is great need to prove what could be done to render the lives of the working class more secure by well-devised sanitary arrangements in their habitations. The high death-rate of Liverpool is a scandal alike upon its opulence, its renown, and intelligence. . . . It is creditable to this Company that it builds no houses of less than five rooms. And when it is remembered that the tenant has to pay only 4s. 6d. per week for a five-roomed house including scullery and cellar additional, merely ninepence a room ; while in the block system, the cost to the tenant is from 2s. to 2s. 6d. a room—it will be seen that the advantage offered to the working classes by this Company are unequalled also in an economical sense. . . . The thirty-three tenants of the Company's houses in Salford have sent a most gratifying testimonial of their appreciation of the excellence and convenience of the tenements they occupy. Builders of high standing have reported most favourably upon them. Mr. Cawley, Civil Engineer, and M.P. for Salford,

and Mr. Taylor, surveyor to Lord Egerton of Tatton, have also inspected these erections, and have testified in terms most honourable to the Company as to the workmanlike execution and domestic advantages of their dwellings. According to the arrangements of the Artizans', Labourers', and General Dwellings Company, their own workmen, who are shareholders, are employed, and thus each man's pride as a craftsman is enlisted, as well as his interest in the success of the Company.'

A dividend at the rate of 6 per cent. was declared.

The President, the Arbitrators, the Manchester Local Council, and the retiring Directors were re-elected: and in the evening about 400 shareholders and their friends took tea, after which the Earl of Shaftesbury, one of the arbitrators, presided, and, in a brief speech, expressed his undiminished interest and confidence in the success and great usefulness of the company.

Mr. W. SWINDLEHURST was called upon by the noble Chairman to read letters from the Duke of Devonshire, the Marquis of Salisbury, Archbishop Manning, the Earl of Derby, the Earl of Lichfield, Lord Lyttelton, Lord Egerton of Tatton, the Dean of Westminster, Mr. Walter Morrison, M.P., Mr. Jacob Bright, M.P., Mr. J. S. Mill, and other noblemen and gentlemen, who expressed very cordial interest in the welfare of the company.

The meeting was addressed by Dr. Langley, Mr. Hugh Birley, M.P., Mr. A. A. Walton, Mr. William Pare, Mr. Cassell, and other gentlemen.

It was stated to the meeting that 100 houses had been erected during the year.

(To be continued.)

THE ARTIZANS' DWELLINGS COMPANY (DUBLIN).

THE fifth half-yearly meeting of the shareholders of the Artizans' Dwellings Company was held on Tuesday in Dublin, Mr. Richard Martin, D.L., J.P., presiding. The report stated that the subscribed capital is now £32,500, that of 115 completed tenements 108 were occupied, and 50 tenements were unfinished. The revenue for the half-year was £633, and the rental had considerably increased. The directors recommended a dividend of 4 per cent. The report was adopted, and the proprietors expressed themselves satisfied with the dividend.

SANITARY HOUSE CONSTRUCTION.

HOUSEHOLD SANITARY ARRANGEMENT.

[Cantor Lecture. No. 1.]

BY PROFESSOR CORFIELD.

THE first of a course of six Cantor lectures on 'Dwelling Houses: their Sanitary Construction and Arrangements,' was delivered by Dr. W. H. Corfield, M.A., Professor of Hygiene at University College, at the Society of Arts on Monday evening. A number of specimens from the Parkes Museum of Hygiene were exhibited in illustration of the lecture. The lecturer said where choice of situation was at all possible, the 'exposition' of a house was of importance; a house facing east would be exposed to cold and dry winds, and facing south-west to driving

rain. More important than this was the character of the soil beneath a house. Soils were divisible into two classes, those pervious and those impervious to water. Typical of the former class were gravels and sands; then came loose limestones and sandstones, and other rocks through the masses of which water could percolate; chalks, and the limestones and granites, so freely fissured that water could easily escape. In the other class were the clays and marls. Each class of soil was, under certain conditions, dangerous to the life of those living in houses built upon it; the dwellers upon impervious soils were liable to consumption and rheumatism, those on pervious soils to typhoid fever and to cholera, and other epidemics when those had obtained entrance into the district. In this choice of evils there might at first seem little preference, but this was not the case. The dangers of pervious soils were not only less fatal, but could be more easily coped with, and chiefly by lowering the sub-soil water, so that it did not approach the level of the foundations of the dwellings. Towns were often built in basins of pervious soils resting on impervious ones, and these basins were sometimes waterlogged to a considerable extent. In such towns, whenever this ground-water had been lowered by drainage, the deaths from consumption had decreased. Specimens of agricultural drain-pipes were exhibited, and it was shown that drains, unlike sewers, ought to be but loosely jointed, and laid with regular fall. Passing on to notice the foundations of houses, the dangers of 'made earth' were indicated. Such sites ought not to be built upon for a considerable time, for it had been shown by Drs. Parkes and Burdon Sanderson that the organic matters in them slowly became innocuous by subterranean oxidation, and they should then be covered by a layer of concrete, not only upon the entire surface to be occupied by the house, but also for a considerable distance beyond. The materials of foundations ought to be, for sanitary as well as constructional reasons, exceptionally good, but as a rule they were the worst used in the fabric. The surface of the basement should be covered with water-proof and air-proof material. One mode of doing this was by Pritchard's patent flooring, which consisted of a series of agricultural tiles laid side by side, upon them being a layer of concrete, which could either be left plain or faced with asphalt or tiling. No wooden floors should be laid in basements, which ought not to be used for other than cellarage purposes, and certainly not as sleeping apartments. Just above the ground level a damp course of any impervious material should be laid all round the house; for this purpose cement should not be used, on account of its liability to crack. Another misapplication of cement was sometimes seen on brick houses built on damp sites; in these, unless precautions were taken, the subsoil water often rose by capillary attraction, and to render the house less damp, the walls were frequently plastered with cement. The consequence was that the water which had evaporated on both surfaces of the walls could now but escape into the rooms, and thus the remedy was worse than the disease. Dry areas, well drained, should be provided outside the houses. For walls the most fireproof material was brick, and next it concrete, for both had already been burnt. Where walls were exposed to much rain, they should be protected either by being faced with glazed bricks or hung with tiles or slates, and, if of brick, it was wise to build them hollow. Chimney-flues should

be as straight as possible, kept separate from each other, and where practicable, lined with pipes to facilitate cleansing, and reduce the danger of spread of fire. It was desirable floors should be fireproof; if of timber, the boarding ought to be so laid and pugged as to prevent the passage of air from the rooms below. It was essential to durability that the space between floor and ceiling should be ventilated by external gratings or otherwise. A new method of ventilating rooms and floor-joists, now under trial, for which some advantages were claimed, was known as Ellison's patent conical ventilator. It consisted of bricks pierced in couples, with cone-shaped apertures, the small hole being placed outwardly and communicating with the interior of the house by a broad shallow hollow. It was claimed that heat and air would enter by the small hole, and would be so reduced in velocity that its entry into a room would cause no perceptible draught. In roof construction it was desirable that no cornices or eaves' details should drip upon the walls of the house. Gutters behind parapets ought to be wide enough to allow a man to stand in them, and means should exist for facilitating the removal of snow; if allowed to accumulate, it slowly melted, and would find its way through the roof. The point that all rain-water pipes should be kept outside the house was insisted upon. The lecturer had traced many cases of diphtheria and other illnesses to the bringing of rain-pipes through rooms from the front to back of houses, etc. Bits of leaves and rubbish fell into these pipes in spite of wire guards, and there decomposed. Another common danger was the opening of pipes below bedroom windows. Floors were best polished and bees'-waxed, or laid with parquetry—plans adopted in the best hospitals, where cleanliness was a primary necessity. Skirting boards should be let into grooves, to prevent dust accumulations, and draughts resulting from subsequent shrinkage. If carpets were used, a space should be left all round to facilitate frequent and easy cleansing. The best wall covering was tiles, if well laid; if plastered, it was much better painted. Wall-papers were open to grave objections: they harboured dust and disease-germs, could not be thoroughly cleansed, and frequently their colours contained arsenic, more especially the green and brown shades—a cause of much unsuspected suffering. For these reasons ceilings should not be papered; if of wood they should be panelled. All wood-work should, as far as possible, be polished, stained and varnished, or painted.—*Building News*.

HOUSE CLASSIFICATION.—Mr. W. P. Buchan, who writes himself down a Sanitary Engineer, has come to the front with a project for classifying and registering houses after the manner of ships. Mr. Buchan, who naturally sees things from a drainage and water-supply point of view, suggests a variety of classes in which houses might be rated according to the perfection of their sanitary appliances; and doubtless architects could, if they saw fit, assist him with many suggestions. But how would a system of house registration affect the business of architects and surveyors? As the matter stands nobody buys, and very few rent, a house without employing an architect, at a suitable fee, to look over the premises, frown on each separate floor, and tap the walls with a pocket rule. If houses were registered and classed at a species of terrestrial Lloyd's, what would become of the art of frowning and tapping things with a pocket rule?—*Iron*.

BOASTING.

'Those that boast most generally fall most; for deeds are silent.'

DIETETICS.

BORAX FOR PRESERVING MEAT.

M. E. DE CYON has published the result of some careful experiments made simultaneously for twenty-four days upon three full-grown dogs. Meat preserved by the process invented by M. Jourdes was used in the first series of these experiments, which demonstrated that, without any reference to the taste or appearance of this meat, it preserves entirely the nutritive qualities of fresh meat. In some further experiments fresh meat was used.

Considering the alimentation, exclusively albuminous, of these animals, the substitution of borax for marine salt, and the physiological action of the first of these salts, M. de Cyon concludes from these second series of experiments:

1. That the addition of borax to meat, up to 12 grammes (about 3 oz.) a day (a quantity much larger than that which is required in the Jourdes' process), may be employed in diet without disorder to the general nutrition. 2. That borax substituted for marine salt increases the faculty of assimilating the meat, and will probably add greatly to the weight of the animal, even when the alimentation is exclusively albuminous.

The action of the borax which is established by the researches of M. de Cyon only relates to pure borax, that is to say, the borax which neither contains salts of alum and lead nor carbonate of soda, which are generally found in the borax used in trade.

In a treatise on the danger of employing borax in preserving meat, M. le Bon has furnished an account of his experiments, which have extended over many years. According to his conclusions borax taken repeatedly in small quantities is a poisonous substance; and he further asserts that no chemical substance, not even excepting salt, should be used in preserving meat. He bases this assertion on the analyses he has pursued with the view of discovering why salted meat has so few alimentary properties, and the reason of scurvy so often accompanying its use. These analyses have led him to the following conclusions:

The most nutritive part of the meat is the gravy. This liquid contains different soluble albuminous substances, such as hemoglobine, and a great number of salts, such as the phosphates. When the meat is steeped in a saline solution, or when its surface is covered with powdered salt, there is a very rapid interchange by endosmoze between the soluble principles of the meat and those of the saline solution—the second substitute themselves for the first; and, without any perceptible change in appearance, the meat in the end is deprived of the greater part of its nutritive qualities. By steeping meat for an hour in salted water, it is easily perceived that the liquid is charged with a considerable portion of the alimentary principles of the meat.

M. le Bon thinks that no saline solution should ever be used, and he hopes to demonstrate also that, without the alternative of the employment of cold, it is possible to preserve meat by an extremely simple method.



H.R.H. PRINCE LEOPOLD.

HIS ROYAL HIGHNESS, whose portrait we have pleasure in giving this week, was born April 7th, 1853. It has been generally understood that he inherited, in a greater degree than any of his brothers, his father's studious habits and intellectual bent of mind.

At Oxford he was a genuine student, and his unostentatious manner of living there, together with his quiet and kindly bearing, secured for him a circle of sympathetic friends, who, like himself, derived their chief pleasure from intellectual pursuits. He identified himself with the best elements of

university life. His precarious health has, in a great measure, hitherto prevented his active participation in public life: but the speech delivered by him at the Mansion House on the 19th ult. is an evidence that he is endowed with capabilities of no ordinary kind. And whatever walk of life the Prince may select for himself, it is now certain that he will adorn it by his rare talents and intellectual acquirements, while his kindly regard for the people will endear him in the hearts of her Majesty's subjects. That his health may improve, and his life be extended, will be their universal prayer.

ON THE PLEASURES OF BOOKS, OF ART, AND OF NATURE.

BY PRINCE LEOPOLD.

ON Wednesday, the 19th ult., a meeting was presided over by the Lord Mayor, at the Egyptian Hall of the Mansion House, on the subject of University Teaching and the extension of its advantages amongst the people. MR. GLADSTONE, MR. GOSCHEN, LORD ABERDARE, SIR THOMAS CHAMBERS, and PROFESSORS BARRY and STUART, took part in the proceedings; but the interest in the important subject discussed was eclipsed by the *more than royal speech* of PRINCE LEOPOLD. As the *Times* said, 'The meeting at the Mansion House has revealed powers of expression in a member of the Royal Family which rivalled those of a great English orator on a field peculiarly his own. The crowd which thronged the Egyptian Hall, came to see a prince and to hear MR. GLADSTONE. As it listened to the former in his turn, it must have felt it had before it not merely a thinker, but a thinker with the gift of thinking aloud.' His Royal Highness PRINCE LEOPOLD said:

'Although I feel that I can add but little to what has been said by the mover and seconder of the first resolution, and that I must, in my case, to a great extent traverse the same ground that they have done, I am, nevertheless, sincerely glad to be able to say a few words on this occasion, the more so as I have been, through unavoidable causes, prevented from attending the meetings of the committee in which Mr. Goschen was good enough to assign me a place when this society was originally founded. It is with very great pleasure, then, that I rise to propose the resolution which our chairman has just read. To all Englishmen I think it is gratifying to feel that the institutions of which we are so proud are no mere dead systems, but living organisms which can expand under new circumstances and meet new needs as they arise. Few English institutions have been the objects of so long and so wide a reverence as our universities, and yet there was a time when they seemed to be falling out of harmony with the needs of the age. (Hear, hear.) That reproach, I think, can no longer be urged against them. We may fairly claim that of late they have taken the lead in all the most important educational reforms. We sometimes hear comparisons made between German and English Universities, not always to the advantage of the latter. I have no means of making any such comparison, as my experience of Universities, is confined to the University of Oxford; but I shall always look back to my residence at Oxford as one of the greatest pleasures and the greatest privileges of my life, and I should find it hard to believe that any other University can surpass Oxford in the power of attaching her *alumni* to herself. There is, however, one advantage possessed by German Universities which must strike everybody. They diffuse knowledge throughout a much wider class of the community than Oxford or Cambridge have hitherto reached. Learning in England has been too much regarded as the privilege of a particular class. The conditions of residence at Oxford and Cambridge, however valuable or necessary for their own purpose, have kept away students of narrow means. The University of London has in a great degree removed this barrier, and now the older Universities unite with

her in offering to all Londoners a cheap course of instruction, given by teachers of the same calibre as those who carry on the work of the Universities themselves. The undertaking of this great additional task indicates that a very strong spirit has arisen in those old seats of learning. I cannot call it a spirit of benevolence, for these lectures are in no way a work of charity, and will, it is hoped, be self-supporting after the first few years. But it is a spirit of active sympathy with the wants and wishes of a very large class, whose needs in the direction of higher education have been too long ignored; and the impulse of which these London lectures are the outcome is not shown in one way only, or felt in one University alone. It is to Professor Stuart and other Cambridge men that we owe the establishment of those systems of lectures in the great manufacturing centres which are gradually developing into permanent institutions, strong and living children of the Alma Mater who gave them birth. But it is not only in Cambridge that it has been felt that men of learning and of culture could hardly have a worthier aim than that of carrying high thoughts and elevating knowledge into homes which perhaps know few other joys. (Hear, hear.) Of such aims we in Oxford have had a great, an inspiring example. We have seen a man in whom all the gifts of refinement and of genius meet, and who yet has not grudged to give his best to all—who has made it his main effort, by gifts, by teaching, by sympathy, to spread among the artisans of Sheffield and the labourers of our English fields the power of drawing the full measure of instruction and happiness from this wonderful world, on which rich and poor can gaze alike. (Hear, hear.) Such a man we have seen in Professor Ruskin. (Cheers.) And among all the lessons which those who have had the privilege of his teaching and of his friendship must have gained to carry with them through life, none, I think, can have sunk deeper than the lesson that the highest wisdom and the highest pleasure need not be costly or exclusive, but may be almost as cheap and as free as air (hear, hear), and that the greatness of a nation must be measured, not by her wealth or her apparent power, but by the degree in which all her people have learnt to gather from the world of books, of art, of nature, a pure and an ennobling joy. (Cheers.) I cannot think, then, that we need feel any fear that this society is providing teachers who are too good for the work they have to do. It may be long before their students can follow them as far as they could lead; but what they do teach will be all the better taught for this reserve of knowledge behind; the methods will be sounder, the personal influence of the lecturer will be more stimulating to his class. And, in fact, there is no doubt as to the good quality of the work which our students have already done. They have been tested by examinations with the most encouraging results. The only defect is one of quantity. The London lectures have not yet been attended by students nearly as numerous in proportion as those who attend similar lectures in the North. The reason which I have heard given for this seems a very unsatisfactory one. It is said that in provincial towns there are leading and acting citizens who take up public questions of this kind, but that London is so large and so unwieldy that what is everybody's business becomes nobody's business (laughter and 'hear, hear'), and the sense of public duty is diminished by the very vastness of the public to whom that duty is due. (Hear, hear.) When I look at the assemblage of London

citizens present here in London's civic centre to-day, I can hardly believe that an objection of this sort can be seriously maintained. For my part, I cannot see why a Londoner's sense of citizenship need be weakened by the magnitude of London, any more than an Englishman's sense of patriotism need be weakened by the immensity of the British Empire. (Cheers.) The problems which London presents are great, but the powers which are at hand to deal with them are great also. The fields of work are many, but there might be labourers enough for all. The example of Whitechapel, where, as we have been told to-day, four courses of lectures are at this moment successfully going forward, may show us that even in those quarters of London which seem to have special difficulties to contend with, local energy and good-will may create centres of intellectual life which many wealthier districts might envy. (Hear, hear.) The fact is, as I believe, that in no city in the world is there to be found more intellectual capacity in an untutored state than in London; nowhere is there more power to learn, and nowhere can a stronger body of teachers be gathered together to meet this need. (Hear, hear.) A link between teachers and learners is wanted, and this is what we are trying to supply to-day. We hope that our society will be a potent agency in organizing the relation between intellectual demand and supply, and in covering this London—whose confused strength and half-conscious greatness seem sometimes more than she herself can wield or understand—with a network of well-ordered knowledge and elevated thought. (Hear, hear.) We are citizens of no mean city, and there is no one in the world to whom we ought to yield in the earnestness of our efforts for her welfare and her honour, which are our own. In conclusion, I beg to move:

'That it is desirable that all friends of higher education in London should do their best to make known and extend the work of the society, by assisting in the formation of local committees at as many centres as possible, especially where existing organizations do not already meet the demand for such teaching as the society offers.'



HYGIENE.

THE IMPORTANCE OF WATER.

WATER, which is formed by the union of the gases, oxygen and hydrogen, is one of the most beautiful and useful of the products of nature, and at the same time one of the most abundant. Three-quarters of the surface of the earth is covered by the ocean. Water forms about three-fourths of the weight of living animals and plants. Two-thirds of the human body consist of water. Water is one of Nature's greatest and most powerful tools; it is a great natural tool, or force, by which means the world undergoes many of its continual changes.

That water is indispensable to animal and vegetable life appears both from its forming so large a proportion of the bodies of living animals and plants, and from the amount, visible and invisible, that is ever present in the atmosphere, which both of them incessantly inhale.

Water, as a beverage, is undoubtedly the best; it is the only fluid contained in animals, therefore it is the only necessary drink. Both animals and plants require water. No animal

and no plant exists without certain quantities of water, and sometimes it is so large in quantity that it constitutes the great mass of the animal or plant.

Water to drink is next in importance to air to breathe; it is a natural drink—in fact, it is the only drink—whatever is mixed with water is food, or flavour, or poison—something which is not drink.

Much of our food which we call solid contains a certain amount of water. The action of water in our food is very important; there would be no carrying of food into the system, but for the agency of water; everything that we take as food must be dissolved in water before it can nourish the body.

Water is the best drink for health, and the safest and best drink to take in disease. As a solvent, a purifier, or tonic, it is beyond all praise. It creates appetite. It helps to eliminate the cause of disease. It cools the heat of fever, and helps nature to throw off in perspiration the morbid influences which oppress her.

Wise Solomon said, 'Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes?—They that tarry long at the wine.'

Let water be your only drink, and you will escape many evils.

R. SHIPMAN.

SANITARY REFORM.

IN our issue of February 1st, we reprinted from the *Sanitary Record* an admirable article by MRS. MARK H. JUDGE, upon SANITARY REFORM. The article elicited the following letter:

(TO THE EDITOR OF THE 'SANITARY RECORD.')

'SIR,

I am somewhat surprised to find there has been no reply to some trenchant remarks against the profession to which I have the honour to belong, and which should not pass unchallenged, in a paper on Sanitary Reform by Mrs. Mark H. Judge.

"Do the members of the medical profession," she inquires, "recognise the importance of sanitary science? It may be that they do among themselves, but why do they not preach it, and teach sufferers the value of it?" "Most of the faculty seem to shrink from the use of water as they would from poison." "The antipathy displayed towards water, and the incredulity with which it is regarded as a preserver of health and a power in the cure of disease, is exceedingly difficult to account for."

"As 'example is better than precept,' for myself I may remark that so far from shrinking from water, I take a matutinal cold bath, up to the neck, and often head under, all the year round. No account appears to be taken that now a bath-room is a necessity in modern houses, that 'tubbing' is a custom, and that public baths are established in every parish presuming to be civilised.

'I can therefore but conclude that your contributor writes under a wrong impression, as if she were some fifty years behind these non-hydrophobic times.

'P. HINCKES BIRD, F.R.C.S.

'1, Norfolk Square, W., February 3, 1879.'

To this, MRS. JUDGE replied as follows:

'SIR,

'I must beg you to allow me to make a few remarks on Dr. Hinckes Bird's letter in your last issue, referring to my recent article on Sanitary Reform.

'In the first place I must point out that I was not alluding to the personal habits of the members of the medical profession when I said that most of the faculty seem to shrink from the use of water as they would from poison. I was speaking of a

case in which I mentioned bathing as having been among the things ignored, and I expected it would be understood that I meant that professionally medical men shrank from the use of water. Personally, Dr. Hinckes Bird appears to recognise the importance of water treatment, as he takes "a matutinal cold bath all the year round," and therefore I hope Dr. Bird is one of those who would recommend a similar process to his patients, and urge upon them that water is "a preserver of health, and a power in the cure of disease." So distinguished a physician as the late Dr. Andrew Combe did not recommend the "matutinal cold bath," or even warm bath. In one of his works he says that "a bath at the temperature of 94° to 96° Fahrenheit, once a week during pregnancy, will in most cases be found very beneficial," and this is after the learned doctor has stated that cleanliness is doubly necessary during gestation.

'I have had abundant evidence that there is a very great antipathy displayed towards water, and a strong repugnance existing to the use of it as a medical and hygienic agent. Many a time, if some of my friends have happened to be ill, and I have ventured to breathe a suggestion about a bath, even if it has been in a case of infectious disease, the answer has invariably been, "Oh, dear no! the doctor would not hear of it!" Yet the amount of abominable and sickening stuff that people calmly take into their system is simply marvellous. Only the other day I had an instance of this. A young lady told me that she had a bad sore throat, and I advised her to adopt what I thought would be the simplest means of remedy possible, hot fomentations. The mere mention of water was quite enough to convince her that I knew nothing about it, and so she went off to her doctor, who gave her the magical bottle of "something." She told him of the recommendation to try the use of water, and he said, very dubiously, that it *might* have done good, but what she wanted was "a thorough scouring out with medicine."

'I quite agree with Dr. Bird that "now a bath-room is a necessity in modern houses," and I think it would be an excellent thing for sanitary science if modern builders generally could be induced to see this. At present, from my experience of modern houses, builders do not seem to have become so enlightened as to admit it. Dr. Bird says that public baths are established in every parish presuming to be civilised; yet, when I was in Cornwall last year, I found no public bath established in the city of Truro. On the contrary, inquiries for such only met with looks of astonishment, and the information that "people don't have baths in Truro," and I know that when measles prevailed to a frightful extent in the city, and my little daughter was ailing slightly, I was considered a most inhuman creature because I persisted in bathing her as usual.

'In conclusion, I may mention that it is now thirty-three years since Sir George Grey's Bill for promoting the establishment of public baths became law, and that at the present time there are no less than twenty counties in England alone in which the Act has not been taken advantage of; while, I believe, Glamorgan is the only county in Wales in which the Act has been adopted. These facts would seem to indicate that the present time is not so "non-hydrophobic" as would appear from Dr. Bird's letter.

'EMILY S. JUDGE.'

'6, Dudley Place, W., February 9, 1879.'

DOMESTIC ECONOMICS.

ECONOMY IN HOUSE AND HOME.

By the Rev. F. WAGSTAFF, Editor of the *Lay Preacher*.

AN old proverb says that 'he who would thrive must ask his wife.' Put in another form, this means that whatever a man may earn, it will depend upon his home expenditure whether he be rich or poor. There is a wide scope for the exercise of economy both at home and abroad, but it is our purpose in the present article to submit a few practical suggestions on the subject of economy as it may be exercised in and about the house. Before proceeding to more minute particulars we would throw out a few preliminary hints of a general character.

(a) A residence chosen for the sake of appearances, or a style of living adopted for such a purpose, will be found not less detrimental to true comfort than to economy.

(b) It is always easier by far to extend a domestic establishment than to contract it; hence it is better to commence in a style under rather than over that which is to be afterwards maintained.

(c) Economy in regard to domestic life must operate throughout every department if it is to be effectually carried out. It will have to begin with the heads of the family, and its continuance will chiefly depend upon their personal example and supervision.

(d) While it is in a certain sense true that 'it is never too late to mend,' economical habits will be more truly and successfully adhered to if adopted from the beginning. Economy displayed 'by fits and starts' is usually alternated by seasons of more than compensating recklessness and extravagance.

(e) As with children, so with servants; economical habits can only be effectively acquired by those who are made to understand the reasons for such habits. Servants are very often denounced as 'wasteful' and 'extravagant,' when the fault is perhaps rather one of ignorance than of deliberate intention. Commands having reference to little things are apt to be regarded by domestics as proofs of meanness which, if properly explained, would be regarded in another and a proper light.

(f) It will be in little things that the habit of economy will be most difficult to acquire, though when so acquired the habit will be found easiest to maintain.

It is not within the scope of the present article to discuss the question as to whether it is better to build or buy a house for one's self, or whether either of these is preferable to hiring one, assuming that circumstances give a choice of the three courses. Nor is it for us to enter into questions of tenure, or other matters not directly bearing upon our main theme. It will be sufficient to say that, whether the reader lives in a house of his own or hires one belonging to another person—in a word, whether he builds or buys—there will at every turn be room for extravagance, and, as a necessary consequence, there will be many opportunities for exercising the virtue we seek to promote. We shall confine ourselves, in the first place, to a few practical hints relative to

THE HOUSE ITSELF.

Its situation is of primary importance, as, while the actual money cost may be increased by a suburban location, the eventual economy of a healthy, open, and respectable position will be considerable. A garden will, if properly managed, more than pay for itself in the matter of health, to say nothing of its produce. Children may be taught lessons of life-long value by being trained to keep in order their own little piece of garden.

Light rooms are essential to health, and care should be taken to avoid too much shade from overhanging trees and shrubs. A sitting-room darkened from without, or made dull by a heavy paper, or imperfectly lighted by windows, will necessitate the lighting of lamps at least a quarter of an hour earlier for two hundred nights of the year. In other words, a light room will save the cost of fifty hours' consumption of oil, gas, or candles. A very general opinion seems to be that any out-of-the-way place will serve for a kitchen. This is bad policy, if viewed merely from an economical standpoint. Inferior cooking, unhealthy servants, waste of gas, and other matters that cannot exactly be defined, will be the penalties of dark, gloomy, or underground dungeons being allotted to the performance of domestic duties.

Narrow staircases cost money, from the damage done to the walls, balustrades, etc., whenever anything bulky has to be carried up or down; and, for a similar reason, furniture should always be arranged so as to allow as much space as possible for moving about, whether in upstairs rooms or down. If a door is at one corner of the room, the paper near it will quickly become discoloured, if the door opens with its handle next the wall.

The very best thing to be done for a kitchen is to paper it with a light, cheerful paper, give the paper two coats of size made of thin white glue, and over that apply one or two coats of varnish. This will give the paper a delightful gloss, and whenever it becomes soiled it can be wiped clean, with little trouble, with a damp cloth. Paper thus prepared will last for years, looking just as beautiful and as clean as at first, and will pay for its original cost two or three times over. It is impracticable to lay down general rules which shall apply to all houses in the matter of appearance, since the style which would be appropriate for the cottage would not do for the more pretentious residence. A sitting-room should always have a light paper of a quiet pattern, and if this is also sized and varnished, the paper will not have to be renewed so often, and can always be kept clean.

We need say nothing about smoking chimneys as inimical alike to comfort and economy, but some persons may need to be reminded that low fireplaces give out more heat than high ones, and therefore have a considerable effect upon the consumption of coals, an important item in any household.

A plentiful supply of good water is not only necessary for health, but has an important bearing upon economy. Water should be so accessible as to leave no temptation in the way of servants to postpone washing or cleaning up, since, as we shall show more at length hereafter, cleanliness is a great promoter of saving.

A house put in thorough repair can be kept in that condition at comparatively small cost, with care and attention to little things while they are little. Locks, bolts, hinges, windows, etc., should always be looked after closely. A little oil applied to a hinge when it first begins to creak will not only stop the unpleasant noise, but will also prevent the spread of rust, of which the noise is perhaps a sign, and so preserve the hinge from becoming useless. A pennyworth of oil applied to the locks and bolts of a house will save the expense of many shillings in repairs.

(To be continued in our next.)

CURRENT OPINIONS AND EVENTS.

SIR WILFRID LAWSON's article in to-day's *Contemporary Review* will have a wide circle of readers, and it must help in increasing the favour with which his Resolution is already regarded. Great enthusiasm and activity are being displayed on the subject by all sections of the temperance party. Influential conferences and meetings are being held throughout the country, and the indications of a large measure of Parliamentary support being accorded to the Resolution are increasing week by week, if not day by day.

As an evidence of how easily the most explicit terms of a resolution or statement may be misunderstood, the declarations on Sir Wilfrid Lawson's Resolution recently made to their constituents, by Sir U. K. Shuttleworth, M.P., and Mr. Thomas Brassey, M.P., may be quoted. The Resolution declares that 'a legal power of restraining the issue or renewal of licences should be placed in the hands of the persons most deeply interested and affected, namely, the inhabitants themselves.' But it was misapprehended by both hon. gentlemen. SIR U. K. SHUTTLEWORTH is reported to have said:

'The question of the Liquor Laws was next put forward, and on that subject I would advert for one moment to the fact that I heard with satisfaction the decision of Sir Wilfrid Lawson to make a motion upon the subject instead of introducing his annual Permissive Bill. I perceive that he proposes that the inhabitants of the localities in which it is intended to establish a new licensed house should have the veto in granting the licence. This is a principle which I have long advocated, and of which I am strongly in favour.'

MR. BRASSEY said:

'With reference to an inquiry from a large section of the constituency who are deeply interested, as I am, in the temperance question, let me say that I am prepared to vote for Sir W. Lawson's motion. (Applause.) In common with my colleague, I have always held it to be just and right that taxpayers and ratepayers should have an opportunity of expressing their views when it is contemplated to add to the number of licensed houses in their vicinity.'

THE Licensed Victuallers, however, understand the meaning of the Resolution much better. If it were merely a proposal to give power to veto the granting of new licenses, they would be found supporting Sir Wilfrid's proposition: for the signatures most easily obtainable to a memorial against a proposed new house are always those of the nearest resident licensed victuallers!

MISS M. A. PAULL, of Plymouth, author of *Tim's Troubles* and numerous other works on temperance, has been the successful competitor out of several hundred, for the prize of £100, offered by the United Kingdom Band of Hope Union for the best tale on temperance specially adapted for children.

DR. B. W. RICHARDSON, F.R.S., recently lectured at Leeds upon temperance, and after describing the interesting and valuable series of experiments upon alcohol conducted by him from 1863 to 1869, he said:

The whole of his researches were conducted without any change of life on his part. For experimental purposes, however, he thought it necessary to abstain. A new light then dawned upon him. He found that he slept better, and that his power over work increased, and that his appetite and digestion were improved. He began to think that those sympathetic

speakers—teetotalers—were right, and that it would be best for him to abstain. (Applause.) But there was a social difficulty in the way, and a great difficulty it proved. His mind, however, after a few years was made up, and he determined, as there was no use in the agent, and as under its influence some physical degeneration must take place in his organism, to join the band of total abstinents. (Applause.)

In arguing that wine was not necessary to assist men in cases of emergency and in assisting in great contests, Dr. Richardson narrated an instance in which a rower informed him that if he took wine he lost four things—endurance, decision, precision, and presence of mind. In conclusion, he maintained that alcohol belonged purely to the same class as other narcotic agents, and that its action on the body simply produced phenomena which did not belong to life. Science could give no consent to its use either as a builder or supporter of the body, and therefore it was not a food. (Applause.) What he had explained in the course of his lecture had already been published in pamphlets some years ago by Mr. Baines (late M.P. for Leeds), whose plain and practical conclusions on the subject of alcohol were similar to those he had himself endeavoured to form. (Applause.)

WHEN the theories of scientists are compared with the actual results of experience, and both are found to be in agreement, the teaching may be followed without hesitation. Mr. J. Pollard, of Bradford, has recently published the following results of a very interesting investigation bearing upon the question of abstinence from alcoholic drinks :

‘A comparison has been made between the returns for eight years of the Rechabite Order, whose members are all abstainers, and the Oddfellows (Manchester Unity), some of whose members are abstainers and the remainder non-abstainers. The area of comparison has been their respective Bradford districts, and the following results have been obtained :

ODDFELLOWS.

(Term, eight years, from 1870 to 1877, inclusive).

Average Sickness.	Payments for Sickness.	Death Rate.
13 days 10 hours.	13s. 1d.	1 in 4.

RECHABITES.

(Term, eight years, from 1870 to 1877, inclusive.)

Average Sickness.	Payments for Sickness.	Death Rate.
4 days 2 hours.	5s. 9½d.	1 in 141.

If there were no abstainers among the Oddfellows, the difference would be still greater in favour of teetotalism.’

MR. JOHN BRIGHT has recently written to Mr. Harris, of Birmingham, in reply to a letter asking his support to legislation for the repression of smoking amongst juveniles, to the effect that he did not think that the proposal would receive the support of the House of Commons, and that there were rather too many laws already. But surely Mr. Bright was not affected by such considerations when he was agitating for the repeal of the Corn Laws or for the extension of the franchise ! That juvenile smoking is a real evil there can be no doubt—even smokers will admit this ; and legislation making the sale of tobacco in any form to persons below a certain age a *penal offence* would undoubtedly have a salutary effect in checking the vice.

ON the 21st ult., in the House of Commons, Mr. HANKEY put a question to the President of the Board of Trade upon the question of continuous footboards, and

VISCOUNT SANDON replied that he had issued a circular at the end of last session to the different railway companies requesting them to inform the Board of Trade as to their views with regard to the use of continuous footboards. The answers received had been laid upon the table of the House. Replies had been given by most of the leading railway companies, but he regretted to say that the South-Western Company had given no answer whatever. He quite appreciated the object of the hon. member in putting the question.

It seems certain that the companies will do nothing voluntarily for the protection of railway travellers. It was thought when a baronet and an M.P. fell a victim to the existing style of footboard, that the evil would be remedied ; but probably nothing short of the death of a director would lead to the much-needed reform. But, as railway directors are valuable members of the community, would it not be better to abate the evil by effective legislation, rather than wait for the accidental death of one of these gentlemen.

THERE is another railway question in which the public are interested, that of inefficient brakes. The North-Western Company has adopted the ‘chain brake,’ while the Great Northern Company hold that the ‘vacuum brake’ is the most effective ; but the recent accident to the Flying Scotchman on the Great Northern Railway proves its uselessness in certain circumstances. One carriage left the rails, but the communication cord was broken before this was observed, and the ‘vacuum brake’ became useless, in consequence of its having become disconnected. Competent authorities assert that the brake is quite inefficient as a safety brake, and the sooner the Company acknowledge this view, the better it will be for the safety of their passengers ?

CREMATION.—Dr. S. D. Gross, of the Jefferson Medical College, has been ‘interviewed’ by a reporter of a Philadelphia paper, to whom he gave the following ideas upon the question : ‘If people could see the human body after the process of decomposition sets in, which is as soon as the vital spark ceases to exist, they would not want to be buried ; they would be in favour of cremation.’ If they could go into a dissecting-room and see the horrid sights of the dissecting-table, they would not wish to be buried. Burying the human body, I think, is a horrible thing. If more was known about the human frame while undergoing decomposition, people would turn with horror from the custom of burying their dead. It takes a human body fifty, sixty, eighty years—yes, longer than that—to decay. Think of it ! The remains of a friend lying under six feet of ground, or less, for that length of time, going through the slow stages of decay, and other bodies all this time being buried around these remains. Infants grow up and pass into manhood or womanhood ; grow old and get near the door of death, and during all that time the body which was buried in their infancy lies a few feet underground in this sickening state, undergoing the slow process of decay. Think of thousands of such bodies crowded into a few acres of ground, and then reflect that these graves, or many of them, in time fill with water, and that water percolates through the ground and mixes with the springs and wells and rivers from which we drink. People turn with dread from the subject of cremation,’ he said. ‘Why, if they knew what physicians know, what they have learned in the dissecting-room, they would look upon burning the human body as a beautiful art in comparison with burying it. There is something eminently repulsive to me about the idea of lying a few feet under ground for a century, or perhaps two centuries, going through the process of decomposition. When I die I want my body to be burned. Any unprejudiced mind needs but little time to reflect in forming a conclusion as to which is the better method of disposing of the body. Common sense and reason proclaim in favour of cremation. There is no reason for keeping up the burial custom, but many against it, some of the most practical of which are but too recently developed to need mention. There is nothing repulsive in the idea of cremation. People’s prejudice is the only opponent it has. If they could be awakened to a sense of the horror of crowding thousands of bodies under the ground, to pollute in many instances the air we breathe and the water we drink, their prejudice would be overcome. Cremation would be taken for what it truly is, a beautiful method of disposing of the body. The friends of the departed can do as they please with the remains. Take the ashes of a wife or daughter, and put them in an urn. Place it on your mantelpiece or in as private a place as you please. Strew them on the ground if you like, and let them assist in bringing forth a blade of grass. This would be an advantage over the burial method, where human bodies only cumber the ground.’

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge*.

A GOOD disposition is like a fire well kindled, which catches upon everything you throw into it, and turns it into flame and brightness. —*M. Antoninus*.

Custom may lead man into many errors, but it justifies none. —*Fielding*.

He is a friend whom favours have not purchased. —*Hindoo*.

Those who are unacquainted with the world take pleasure in the intimacy of great men, and those who are wiser dread the consequences. —*Horace*.

God dealeth to men prompt payments, and not, as some say, with credit accumulated, and reckoning which is long deferred. —*New Koran*.

It is well at times to take advice of some few friends, for lookers-on many times see more than gamesters. —*Lord Bacon*.

A tender-hearted and compassionate disposition, which inclines men to pity and feel the misfortunes of others, and which is, even for its own sake, incapable of involving any man in ruin and misery, is, of all tempers of mind, the most amiable; and, though it seldom receives much honour, deserves the highest. —*Fielding*.

Take heed of a speedy professing friend; love is never lasting which flames before it burns. —*Owen Felltham*.

Contract no friendship, or even acquaintance, with a guileful man; he resembleth a coal, which when hot, burneth the hand, and when cold blacketh it. —*Hindoo*.

Shall the whole army of human deeds go roaring along the public thoroughfares, and Christian men bewhelmed in the general rush, and no man be found to speak the real moral nature of human conduct? Is the pulpit too holy, and the Sabbath too sacred, to bring individual courses and developments of society to the bar of God's Word for trial? Those who think so, and are crying out about the desecration of the pulpit with secular themes, are the lineal descendants of those Jews who thought the Sabbath so sacred that our Saviour desecrated it by healing the withered hand. Would to God that the Saviour would visit His Church and heal withered hearts! —*Henry Ward Beecher*.

How many bright eyes grow dim—how many soft cheeks grow pale—how many lovely forms fade away into the tomb, and none can tell the cause that blighted their loveliness. As the dove will clasp its wings to its sides, and cover and conceal the arrow that is preying on its vitals—so it is the nature of woman to hide from the world the pangs of wounded affection. The love of a delicate female is always shy and silent. Even when fortunate she scarcely breathes it to herself; but when otherwise, she buries it in the recesses of her bosom, and there lets it cower and brood among the ruins of her peace. With her, the desire of the heart has failed. The great charm of existence is at an end. She neglects all the cheerful exercises which gladden the spirits, quicken the pulses, and send the tide of life, in healthful currents, through the veins. Her rest is broken; the sweet refreshment of sleep is broken by melancholy dreams; 'dry sorrow drinks her blood,' until her enfeebled frame sinks under the slightest external injury. Look for her, after a little while, and you find friendship weeping over her untimely grave, and wondering that one who but lately glowed with all the radiance of health and beauty should so speedily be brought down to darkness and the worm. —*Washington Irving*.

Man liveth a few years in one body, and many years in one person; in the nation he liveth many ages, and in God he liveth for ever. —*New Koran*.

What is a people? An individual of the society at large. What is a war? A duel between two individual people. In what manner ought society to act when two of its members fight? Interfere and reconcile, or repress them. —*Volney*.

The Christian faith is not unknown to have spread all over Asia ere any Gospel or Epistle was seen in writing. —*Milton*.

Almost every good and evil in the life of man commences from his childhood. —*Chinese Proverb*.

Let him who will be good retire from the Court. —*Lucretius*.

Recantations usually prove the force of authority rather than the change of opinion. When a Dr. Pocklington was condemned to make a recantation, he hit the etymology of the word, while he caught at the spirit—he began thus: 'If *canto* be to sing, *recanto* is to sing again.' So that he recanted his offending opinions by repeating them in his *recantation*. —*Isaac D'Israeli*.

It is easy to convey a lie in the words of truth. —*Franklin*.

Think'st thou the fountain forced to turn
Through marble vase or sculptured urn
Affords a sweeter draught
Than that which, in its native sphere,
Perennial, undisturb'd and clear,
Flows the lone traveller's thirst to cheer,
And wake his grateful thought?

Think'st thou the man whose mansions hold
The worldling's pomp and miser's gold
Obtains a richer prize
Than he who, in his cot at rest,
Finds heavenly peace a willing guest,
And bears the promise in his breast
Of treasure in the skies?

Lydia Huntley Sigourney.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

Many articles in type are held over this week.

Miss C.—The document was duly presented, but its prayer was not granted. Wait for the report.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page		4	0
do. do., per column		1	10
Back page		5	0
do. do., per column		2	0
Inside pages		4	0
do. do., per column		1	12

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

**** Only approved advertisements will be inserted.**

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF-PENNY stamps only can be received.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MARCH 8th, 1879.

ON THE ADVANTAGES OF SYSTEMATIC INSTRUCTION IN SCIENCE AND ART.

BY HIS ROYAL HIGHNESS PRINCE LEOPOLD.

ON the 25th ult., Prince Leopold presided at the fifty-fifth anniversary and distribution of prizes at the Birkbeck Literary and Scientific Institution. He was supported by the Earl of Aberdeen, Lord Henry Lennox, M.P., and many other distinguished visitors.

HIS ROYAL HIGHNESS said: My Lords, Ladies and Gentlemen,—It gives me great pleasure to stand here to-day in the place which the Duke of Sussex occupied at your first distribution of prizes, more than half-a-century ago (cheers), and to feel that during that half-century the progress of your institution has been one of such unmixing success that, from its small and struggling beginnings, it has ramified and increased till England is covered with institutions after the same pattern, and your own central institution has grown to the importance which is represented by (1), the company of its friends whom I see around me now, (2), by the list of honours which we have heard read, and (3) by the reports which testify to the large number of students who are entering under your auspices into the world of science and of culture. (Hear, hear.) No one who reads the distinguished names who form your list of honorary examiners; no one who notes the long roll of scholarships, prizes, certificates, obtained by your students during the past year, can doubt that the work done has been done under the most able guidance, and has been of a thoroughly solid and satisfactory kind. I am particularly glad to see the stress which your programme lays on technical education. (Hear.) We Englishmen may be justly proud of the character for mental and physical strength and capacity which our artisans bear all over the world; but our pride is sadly dashed by accompanying criticisms on the ignorance and the indifference to anything which needs thought, which too often render that native vigour of intelligence a comparatively useless thing. Properly instructed, I believe that our British artisan need fear no rival in the world (hear, hear); but if he goes out untaught and ignorant into the battle of life, he is in danger of being outdone by the more carefully trained skill of foreign workmen. Against this danger your institution offers a bulwark, whose importance it would be hard to overrate. I am glad, too, to see the eagerness with which modern languages are learnt in your classes. Foreign nations are not merely our competitors, but our friends, and nothing, I believe, is likely to create so true a feeling of friendship and sympathy between one people and another as a practical knowledge of each other's

speech. Sometimes, perhaps, as the proverb says, we take what is unknown to be magnificent, but oftener, I think, we take it to be something unfriendly and distasteful to us—something which, if we did know it, we should not like. But we find that with every real increase of understanding of our fellow-men of different races some unkindly illusion disappears; we learn to realize their likeness to ourselves, to sympathise with their national character, to co-operate in their efforts after the common good. (Hear, hear.) But I need not go at length into the advantages to be derived from each of the subjects which your curriculum embraces; there is not one which may not be of great service to the practical career or to the mental development of the zealous student. And there is so much similarity in the conditions of all effort and success, that even the studies which seem most remote from active life may always furnish a moral which life can adopt and employ. For instance, I notice that in what is called the "Miscellaneous Department" of your curriculum you provide instruction in the game of chess. This is not the most obviously practical of your subjects; but it has struck me that even those, if any there be, who desire to limit their education to this branch alone, may learn some not unimportant lessons of life from the manner in which you teach it. "Particular attention," I see your programme says, is paid to the study of the openings. Now, is it not true that in life, as in chess, it is often the opening, and the opening only, which is under our own control? (Hear, hear.) Later in the game the plans and wishes of others begin to conflict unpleasantly with our own. Sometimes it is as much as we can do to avoid being checkmated altogether. But for the first few moves we are free. We can deploy our pieces to the best advantage; we can settle on the line of action which best suits our powers; and we sometimes find that it will repay us to sacrifice a pawn or a piece so as to gain at once a position which may give us a decided advantage throughout the whole game. Does not this, too, remind us of early life? Must we not often be content to sacrifice some pawn of present pleasure or profit to gain a vantage-ground which may help us to successes which self-indulgence could never have won? I am sure that among the bright young faces which I see around me there are many who have known what it is to labour against the grain; to begin a lesson when they would rather have gone to the theatre, to finish it when they would rather have gone to bed. And I am sure that such efforts of self-denial and conscientiousness form at least half the real benefit of education (hear, hear); that it would do us little good to wake up and find our heads magically stocked with all manner of facts, in comparison to the good which it does us to fight for knowledge, to suffer for her, and to make her at last our own. In great things as in small, this principle of self-help is a peculiarly English spirit. How much has been accomplished in this country by private initiative, by spontaneous growth! We have trusted that men like Dr. Birkbeck would arise (cheers)—men who felt the needs of others as their own, and could not rest without spreading widely round them the privileges which they had themselves enjoyed. We

have trusted that such men would arise, and they have arisen. (Hear.) No nation, may I venture to say it? has produced a larger proportion of such philanthropists than our own. No nation, I am sure I may assert, has been more eager to aid those philanthropists in life, or to honour them when they have passed away. And when the good work has taken root and flourished, the Universities and the State herself step in and give their invaluable sanction and guidance to movements which have grown to national importance and national extent. I am glad to see how wisely your Council and your students avail themselves of such direction and aid. I am glad to see the long list of prizes won by them at the examinations of the Science and Art Department at South Kensington. I am glad to see that others have matriculated in the University of London. And as in this connection I cannot forget the assistance which my own University of Oxford is anxious to render to the classes for whose benefit your institution is designed (cheers), I will just remind you of the lectures recently started in many parts of London by the syndicate for the extension of University teaching—a scheme in which the three Universities of Oxford, Cambridge, and London have combined, and which offers a more advanced instruction in many of the subjects in which your students have already laid so sound a foundation. I need feel no hesitation as to speaking in your presence of educational efforts other than your own. All these will help and cannot hinder you. Learning is a commodity the demand for which grows with the supply. We need not fear a glut of science or of intelligence, as we might fear a glut of cotton goods or of indigo. All the knowledge which we who now live can gain, can assuredly be made useful both to ourselves and to those who come after us. It was his firm conviction that a sound education can never be too widely spread or too eagerly enjoyed, which was the source of Dr. Birkbeck's claim to the gratitude of posterity. He saw that the knowledge of truth was not meant to be the privilege of a class or of a set. In an age when the strongest prejudice existed against the education of the poor, he, as far as in him lay, threw open to the poor an education as sound and extensive as his own. In an age when the strongest prejudice existed against the education of women, he earnestly claimed for women their fair share in the educational privileges of men. (Cheers.) He was for spreading the banquet of knowledge before all alike, and he trusted that Nature would see that the Benjamin's mess fell to the lot of those who had the keenest appetite and the strongest digestion. (Hear, hear.) And if all these seem commonplaces now, we must remember that, as it has been said, 'the commonplaces of one generation were the paradoxes of the last.' How could they ever have become commonplaces but for the ardour of conviction, which inspired a few far-seeing men? And how far greater a thing is this spirit of personal, practical, rational benevolence than any mere gifts of money can be? Dr. Birkbeck—and in speaking of him, I speak also of his friends and coadjutors, and of the son who now so worthily fills his father's place (cheers)—Dr. Birkbeck was, no doubt, even in the mere matter of money, a most generous man. (Hear, hear.) But it was not his pecuniary generosity which has caused his name to become the household word which it is to-day. It was because he gave to his great work something far more precious and rarer than money—the

intelligent and single-hearted devotion of a life. We honour him, not so much because he helped others from without, as because he touched the chords, he evoked the impulses which enabled them to help themselves from within. It is not for his endowments that we thank him most, but for his example; as, indeed, for any institution its founder's high example is the best of endowments; and the most enduring legacy which a man can leave to his country, is a memory which impels the men who come after him to strenuous efforts and to exalted aims. (Cheers.)

COLONIAL HOUSES AND HOMES.

BY JAMES BONWICK, F.R.G.S.

COMPLAINTS are made that folks in the colonies do not build according to the climate. But the truth is, that early settlers were too anxious for a covering of any sort to bother very much about its character. As no Mrs. Grundy ventures out to primitive settlements, the good people are at perfect liberty to put up the houses they like.

In America, the forest offered facilities for building in the easily wrought soft pine. A log hut, or one of rough slabs, with the interstices closed with mud, answered well in a climate having a real winter. When people first went to Australia, where no snow and frost were dreaded, a close built edifice was not essential. The tent would answer there the year round. But the forests were not so kind as in America. The trees were vast, and the wood was uncommonly hard. So reeds and branches, wattle boughs and mud, preceded the age of timber.

The axe then came into play. The tree was felled, the cross-cut saw made the barrel into lengths, and the axe and wedges split the stem into roughunks, which served for walls. The bark, previously run off, and stretched under the weight of stones, was thrown upon the top for a roof. The earth served as a floor. The door was rough and ready. A square hole, covered with a piece of calico, formed the window.

This rude home in the wilderness was not to be despised, and was far from unpopular. One time the writer was complimenting a rich squatter upon his luxurious mansion. His only reply was, 'I want to show you something.' He led the way through a glorious park, and then pointed out a ruinous hut of the kind just described. Heaving a sigh, he said, 'Do you see that old hut? Ah! I was happy there.'

But the slab-hut gave place to one of roughly-sawn boards, sometimes feather-edged, and these did for floor and sides. Paling, split from the cut trunk, might be nailed on quartering for sides or roof. Palings cut in half, or wooden shingles, smaller still, formed a capital cool roof. A window frame was fixed, and glass was obtained. A piece of calico, stretching over, did good service for a ceiling, preserving furniture and persons from clouds of passing dust. Calico also did duty for plaster and paper inside, as well as for partition-walls.

The presence of women in the bush was the great civilizer of *house and home*. What cared the man for the place he only used for morning-meal and night-camp! But she who had the inconvenience all day sought after improvements. That picture never would hang on the calico, moved by every breeze. The hut must be lined; so double wooden-walls

arose. It was not pleasant for the bedroom to be divided from the common apartment by strips of calico; and so quartering and double wooden-walls arose for partitions. The floor of hard-wood, gaping open by the heat, letting in dust, wind, and cold, must give place to tongued and grooved closely-fitting pine-boards. The ceiling got made of boards, with calico covering.

The man got on in life, and the wife urged further advance. A brick chimney was a grand addition. But it was not long before a new house must be built, a little distance off, and to which the present dwelling would be a sort of out-kitchen. So a brick edifice appeared, quite as good as one Neighbour Smith had just finished. Real plaster-covered walls and ceilings appeared. Doors and windows were no shams now. Perchance, the great luxury of slates replaced the shrivelled wooden roof. Sundry conveniences, quite out of order with a hut, were introduced. Above all, an entirely new stock of furniture was needed from town, and quite another set of garments appeared on the scene for the lady.

Thus have improvements successively come on in the bush, and corresponding ones in town. Colonial abodes, especially in the capitals and leading townships, are quite up to the English type, with an especial brightness of their own. Few are without a bath, and particular arrangements for ventilation appreciated in warmer climes. Woman's efforts in *house and home* thus bless the husband and children. A better residence means elevation in other respects. Better schools, mechanics' institutes, and churches speedily follow. Gardens, public parks, pleasant cemeteries, good roads and paths, all come in the train of *house and home*. Temperance is aided by the change. A freehold home, in the street for a worker, in the bush for a farmer, is the great ambition of a colonist, who spurns the payment of a rent. Such a freehold home is a further incentive to improvement, and the social fabric rises grandly and happily thereby.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.



THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

(Continued from page 65.)

DURING the year 1871 great progress was made with the Company's buildings. The Salford Estate was completed, and a freehold estate was purchased at Liverpool. The Liverpool

Estate is situate between Green Lane and Derby Lane, and on the north side of the Prescott Road. By November considerable progress had been made, part of the houses being then roofed in.

On Saturday, November the 18th, a memorial stone was laid by DR. BAXTER LANGLEY, the Chairman of the Company, who was supported by MR. WALTON and several local gentlemen of influence.

The stone bears the following inscription:

Healthy Homes the First Condition of Social Progress.
This Stone was laid by the Chairman of the Board of Directors,
J. BAXTER LANGLEY, Esq., LL.D.
For the Artizans', Labourers', and General Dwellings
Company, Limited,
On the 18th of November, 1871.

DR. LANGLEY delivered an address, in the course of which he read the following letter from the EARL OF SHAFTESBURY:

'24, Grosvenor Square, Oct. 2nd, 1871.

'DEAR MR. SWINDLEHURST,

'I have delayed my final answer to the last minute, as I desire above all things to have the opportunity afforded to me of testifying my deep and earnest sympathy with the people of Liverpool in their effort to improve the condition of their dwellings. The question has been in my mind—I might say in my heart—for very many years, and I am fully convinced that it lies at the root of all social, physical, and religious advancement amongst them. My difficulty is to find the time to run down to Liverpool and back. Were I not compelled—irresistibly compelled—to go abroad before the 20th of this month, I should have been able to effect the journey, but, as matters now stand, it is perfectly impossible. There is another form of assisting at the work, which, to me at least, would be far easier. Could I not arrange, in order not to impede the progress of the buildings, to be present at the ceremony of opening them? The ceremony would probably take place early next season, when, by God's providence, I shall be in London, with perhaps leisure to undertake the duty. Think of this proposition.—Your obedient servant, SHAFTESBURY.'

In the evening a large number of shareholders and friends of the Company took tea in the National School-room, Derby Lane, and subsequently Dr. Langley, as Chairman, addressed the meeting. He stated that they had among their shareholders poets from Tennyson to Tupper; the highest men in science, such as Professor Tyndall; bishops and other dignitaries of the Church, besides members of both Houses of Parliament.

The Rev. Thomas Gardner, the Rev. Hilton Gardner, Mr. Walton, and other gentlemen also addressed the meeting.

The houses were built upon the same model as the Salford ones, and the materials and workmanship were alike good, as an inspection of the property will demonstrate. Only 39 were, however, erected, and sufficient land for 26 more has since remained unoccupied. Mr. T. Kelsall superintended the work at Liverpool, as he had previously done at Salford, and equal care was exercised in building.

The November number of the *Contemporary Review* contained an article upon Improved Dwellings, from the pen of Mr. George Potter, a considerable space of which was devoted to the Artizans' Company. Of the eminent philanthropists who had identified themselves with the Company, Mr. Potter speaks in no measured terms. He says:

'These gentlemen, worthy as they may be, are only helping those who help themselves. But this, according to the adage, is godlike. In fact, the Company under which they hold office, is no more than one of the many forms that the co-operative principle is assuming. This is as it should be . . . Workmen, for example, build workmen's dwellings. The labour given counts for as much, in proportion, as the capital subscribed. The balances beyond labour are paid to workmen. By this system disputes are avoided and arbitrations superseded. . . .

'If it be asked what kind of habitation this Company puts up, the answer is ready and satisfactory. Survey some of those society freeholds in which the occupants have literally erected their own dwellings, and you will find miserable evidence of the shoemaker's wife being worst shod. Not so with this Company; its houses are well arranged and honestly built.

'This Company, besides all, lays claim to having surpassed both the Peabody Trustees and Sir Sydney Waterlow in the benefits conferred. The utmost these latter have been able to accomplish, we are assured, is to put the working man into the occupancy of rooms, which cost him two shillings per room per week; while the Company puts him, not only into occupancy but into possession, into the actual ownership of a five-roomed house, exclusive of a scullery, at a cost of less than one shilling and twopence per room per week, the payment to extend over a period of 14 years.'

The Manchester *Critic*, of Nov. 18th, in commenting upon Mr. Potter's article, said:

'This is really an important feature, for the Company invites working men to take up shares in it as a wise investment of their savings, and promises them a house of their own. What if the investment were to turn out an absolute loss, and the hopeful shareholders were to have no "improved dwelling" but the workhouse? If that should be the case on examination, we suspect the noblemen and gentlemen who have adorned the Company with their names will have good cause to repent, and the proprietors of the *Contemporary* will not be over-proud of Mr. Potter's contribution.'

During this year Mr. Malcolm Macleod was superseded as Manchester agent for the sale of shares by Mr. William Martin, of 2, St. George's Chambers, Albert Square.

Mr. Martin addressed a letter to the Earl of Derby upon unhealthy houses; which was printed in pamphlet form, under the somewhat startling title, 'The Terror of Europe, and the Disgrace of Britain,' and its extensive circulation was the means of largely increasing the share list.

The fifth annual meeting was held on the 2nd of March, 1872, at the office of the Company, 1, Great College Street, DR. LANGLEY presiding.

The Report stated that the paid-up share capital amounted to £18,580, being an increase of £12,580 during the year. After referring to the work commenced at Liverpool, the Report states that:

'Negotiations are now in progress for securing land at Bootle, another of the suburbs of Liverpool. In Birmingham four eligible estates have been secured, and there also houses for clerks, artizans, and labourers are in course of construction. Some of these will be completed in a few months. . . . In the district of Bradford the Company is also negotiating for the purchase of land, so that we may commence building operations without delay. . . . It is proposed to build some more houses in the neighbourhood of the metropolis; and, with this view, negotiations have been opened for the purchase of three estates, situate respectively at Brixton, New Cross, and Hornsey. . . . The proceedings of the Company are limited merely by the amount of the capital. . . . To the shareholders the

directors appeal for renewal of confidence, since the success of the Company depends upon a combination of effort; for it is essentially a Co-operative Institution. For the trust already bestowed upon them the directors return their thanks.'

On the 20th of March, 1872, a *soirée* was held at the Westminster Palace Hotel. The RIGHT HON. THE EARL OF SHAFTESBURY, who presided, was supported by a large number of gentlemen of influence, including Cardinal Manning, Sir Curtis Lampson, and Mr. Edward Holden.

Mr. SWINDLEHURST, after reading the Report, reviewed the operations of the Company from its commencement. He stated that—

'During the last five days eight of their largest shareholders had doubled their holdings. . . . They were building halls to every hundred houses, and they intended also to build a number of baths; and, while giving them the means of being healthy in body, they would endeavour to make their intellects clear as well.' (Cheers.)

HIS EMINENCE CARDINAL MANNING, in the course of an admirable speech, said:

'Now, one reason why I feel that I am here to join this Artizans' Building Society is this, because it collects together the hearts and the hands of the working-men to build their own houses. They literally do this themselves. They know their own wants, and, as Mr. Swindlehurst has said, that the best work has been done by the shareholders, and the shareholders have found out imperfections in work done by other men; and this Association is therefore founded upon a principle of strict prudence. . . . The wealth of the rich is made to minister to the comfort and salvation of the working-man.'

MR. WALTON said:

'With regard to their building operations, they had selected the best and most competent men amongst their shareholders, when they found they sent in reasonable tenders; but they had always given them to understand that, being the trustees of the Company, and having the funds of the shareholders entrusted to their care, and also having, as the directors hoped, their confidence, that it was their duty, above all things, to see that not a single penny should be laid out unless it was laid out in the most advantageous, economical, and practical manner.'

DR. LANGLEY said:

'For himself and his brother directors, they not only felt a grave responsibility under the circumstances of enlarged success in which they found themselves at the end of the last financial year; but they also felt that they had a great mission to fulfil. There were those whose function and whose glory it was to build up or alter great national institutions. And while they were at their work, they, on their part, were engaged in an equally important undertaking, and in fulfilling the objects of the Company, and applying their capital in a manner which stimulated the builders in the various large towns of England to build better dwellings for the people, they would have performed a work of which they would think with some pride and satisfaction when they came to lay their head on their dying pillow.'

THE NOBLE CHAIRMAN

'Wished any Secretary for the Home Department had attended their meeting that evening, and had heard the report of Mr. Swindlehurst, and the speeches made on his right and left. He hoped every house would be supplied with an oven (Mr. Swindlehurst intimated this had already been done), and gave an instance of where by baking the bread at home a saving of two shillings per week had been effected. He trusted the great work the company was doing would go on, and that many

would live to see England regenerated. It had been a matter of the greatest pleasure to him to come and hear all he had heard.'

In commenting upon this meeting, the *Daily Telegraph* said:

'Even the incentives of "substantial teas" or speeches from philanthropic noblemen may in time be dispensed with, for the Improved Dwellings movement has a clear breeches-pocket side as well as a philanthropic one. Spacious, airy, and well-built tenement houses let at moderate rents, have been found to offer a very good investment for capital, and can be made to pay from five to seven and a half per cent., with an undeniable security of freehold land, and bricks and mortar in the back-ground.'

(To be continued.)



SANITARY HOUSE CONSTRUCTION.



VENTILATION, WARMING, AND LIGHTING.

[Cantor Lecture, No. 2.]

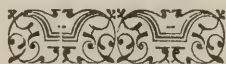
By PROFESSOR CORFIELD.

ON Monday evening, the 24th ult., DR. W. H. CORFIELD delivered the second of a course of Cantor lectures upon 'Dwelling Houses: their Sanitary Construction and Arrangements,' at the Society of Arts. As on the occasion of the first lecture, the subject was illustrated by various models and specimens from the Parkes Museum of Hygiene.

DR. CORFIELD, in commencing, gave an account of the way in which air is polluted by respiration, far more by the putrescible organic matter discharged into it than by the diminution of oxygen or the increase of carbonic acid. The amount of air necessary for each person per hour is 3,000 cubic feet, and as the air can only be changed three or four times an hour without draught, it follows that each person must have from 750 to 1,000 cubic feet of space; and this must be properly distributed, for it is evident that a man could not live in a space one foot square, and 1,000 feet high; any height above eleven feet should not be considered in estimating the air-space of an ordinary room. Ventilation is divided into two kinds—natural and artificial. Natural ventilation means those methods which make use of the ordinary physical forces of nature which allow air to go in certain directions. Artificial ventilation means the forcing of air into buildings, or drawing it out by steam-engines, water-power, horse-power, etc. Ventilation by fires and lights forms a connecting link between the artificial and natural methods. In order that air may be changed, there must be openings for the pure to come in and for the vitiated air to go out. A considerable quantity of air goes out by a chimney, whether there be a fire or not. It is of extreme importance to have windows on both sides of houses, so that the air may go straight through them. Sylvester's plan for the ventilation of large houses was by means of a cowl always facing the wind, on a pipe which carried air into a cellar, where it was warmed by stoves, and then passed through apertures into the various rooms and out by an exit shaft. Dr. Richardson improved the cowl by utilising the aspirating power of the wind upon the same principle as the spray-producers on scent-bottles. Air

outside being colder, is heavier, and exerts greater pressure than air inside a house. If a hole be bored in the wall of a room, air will come in as water would. Window sashes can be made to act as ventilators. Dr. Hinckes Bird's plan was to open the lower sash and fix in a well-fitting block of wood. This left an opening between the sashes in the middle of the window, and the air was admitted in an upward direction. One objection to this plan was, that people, seeing the window open, complained of draught; another objection was that it did not purify the air. Another plan was to cut pieces out of, or bore holes in, the lower board of the upper sash; these holes might be filled with cotton-wool, and blacks would thus be kept out. Currall's lower-sash ventilator is a metal plate in front of the lower bar of the lower sash, admitting air in an upward direction. A model of an automatic fastener, invented by Messrs. Tonks and Sons, of Birmingham was exhibited and explained. It allowed a window to be opened any distance at top or bottom, and always held it fastened. Louvre ventilators were next spoken of. If a window be pulled down a little at the top, and a Venetian blind be let down, with the louvres sloped upwards, that answers perfectly well. Moore's ventilators are glass louvres in a metal frame. They ought to be in the lower panes of the upper sash, but are generally fixed too high. Inlet openings ought not to be near the ceiling. Sashes may be made to fall in and form immense louvres; and such are in use at Willis's Rooms. Double windows are sometimes used to avoid having a cold stream of air near the window. French casement-windows are not suitable for this climate. If they be used, some kind of louver ventilator is necessary. One of Cooper's ventilators may be used, being a circular disc of glass with five holes in it, and corresponding holes in the frame behind; the disc turning on an ivory pivot. Inlets through walls may be provided with a sloping board in front, having sides or cheeks. The inlets should only be just above a person's head. A metal box of this kind was shown, having a balanced metal flap, easily moved by a cord. Several small ventilators are better than one large one. A drawer ventilator was next exhibited, being a box to be fixed in the wall, having inside a drawer fitted with metal plates for giving an upward direction to the air. Perforated zinc is sometimes used with the idea of filtering the air; but it is better to have simply an iron grating which will keep out birds. Filtering may be effected by cotton wool, a spray of water, or some other means. A ventilating inlet in a door is sometimes useful, but conversation in the room can be heard outside. In Tobin's system of vertical tubes, a horizontal pipe, with a grating outside, comes through the outer wall into the room, where there is a vertical pipe about six feet high, from whence the air rises up in a column. Valves, or trays fitted with plates, and holding water to filter the air, may be added. A long raised muslin bag may be inserted, and this would separate a great deal of impurity from the air. Ellison's conical ventilators contain simply conical holes, which are placed with the small end outside, and the large end inside the house, whereby, it is said, much less draught is occasioned. A conical siphon is also suggested. Of exit openings, chimneys are most important. If they be not higher than surrounding buildings, cowls are sometimes necessary. Fixed cowls are generally better

than movable ones, but are not always effectual. Dr. Arnott's exit valve consists of a light metal flap swinging on a hinge at its lower edge, and so weighted that it balances. It has two disadvantages: one being that it opens directly into the chimney flue; the other that it makes a noise; but a valve was shown and worked which made a noise hardly perceptible. These valves might be very properly used in situations not leading into chimneys. Fire-clay flues are being made by Doulton, in which the chimney heats the air in two tubes and causes an up-draught from rooms connected with them. These flues are better with valves, especially where the flues are not always in use. Boyle's exit valve is an improvement upon Arnott's, and consists of a series of small talc flaps. Benhan's plan is one for carrying off products of combustion of gas and vitiated air from the upper part of the room at the same time, but by different pipes, fresh air being brought in from another direction. A model and drawing of this arrangement were shown and explained. Verity's system of artificial ventilation, recently applied in the Reform Club, uses water from a cistern as the moving power. The water from a pipe strikes against a wheel, and turns a ventilating-fan at a considerable rate, by means of which air could be forced into a room or drawn from it, passing along a tube, in which, if used as an inlet, ice, or a disinfectant or deodorant might be placed. The subjects of lighting and heating will be considered at the commencement of the next lecture, when the question of water supply will be taken up.



DIETETICS.

A FRENCH DOCTOR'S VIEW OF FOOD.

DR. LEVEN, *Annales d'Hygiène Publique*.—February number.

ANIMAL SUBSTANCES.—Hygiene recognises only plain meats; it renounces fat pork, highly-seasoned dishes, and sausages. Among fish, mackerels and eels should be avoided, for they contain too much oil. Whittings and soles yield only one and a half per cent. of oil, and are preferable to the salmon, in which the proportion is five per cent. The too frequent use of lobsters, mussels, and even oysters is dangerous—not that they are hurtful themselves; it is the quantity of salt-water they contain that harms.

VEGETABLE SUBSTANCES.—Vegetables rank below meat as food. What makes them not so suitable is their lignin (or their woody part), and their cellular formation; for on these the gastric juice is unable to work, and they are only chymified (dissolved) by the muscles of the stomach, and the liquid ejected by its vessels. Cabbages, mushrooms, and truffles, for instance, however prepared, and although so palatable, are not adapted to the organs of digestion. In the case of lentils, beans, peas, and chestnuts, it is different. In a natural state they are hardly digestible, on account of their ligneous skins; but reduced to flour, the stomach receives them easily. Lentils are so rich in azotic properties, that in some respects they are equal to meat. Lentil flour has benefited many with bad digestions. Even

chestnuts, irritating the stomach as they do in a natural state, are tolerable in the form of flour. The greater number of strict vegetarians eventually ruin their powers of digestion. [Is not the Dr. in error in supposing that the process of digestion is completed in the stomach? and what will our vegetarian friends say to this last statement? A pertinent answer is given in the comparative improved longevity of the vegetarian—of course nobody pretends that vegetarians will live for ever.—ED.]

HEALTH AND FOOD.

HEALTH is the best of all possessions. With possession of health life is indeed worth living; but it is not to be purchased with money—it depends to a large extent on our daily habits. We must adhere to those practices which promote the health and well-being of our minds and bodies, and as strictly to abstain from those which tend to injure them.

Pure air and pure water are essential to health, and pure food goes hand in hand with them; for from the moment that any germ of life begins to grow, having the conditions of air, warmth, and moisture, it must have food. Everything that lives must eat. As food is so important—for our life, our health, and our enjoyment depend on it—it is surely a subject worthy of notice. In the first place food is taken to enable us to carry on the necessary business of life, and that our support may be such as our work requires; but no sooner do we fall into abuse and excess, than we are sure to suffer for it, in mind and in body, either with sickness or ill-temper, or by both at once. We are enabled to work by eating what is sufficient, but we are hindered from working and become heavy, idle, and stupid by eating too much. Therefore bridle the appetite of gluttony—it is a decided enemy of health. We hear much of the virtue of abstinence. No doubt it is good for the intemperate to fast sometimes, and so give the different organs of the body a little rest, but abstinence would seldom be needed if intemperance did not exist; and temperance is the happy medium by which both may be avoided.

Eating a proper quantity of food, and of the right quality, and allowing five or six hours to intervene between each meal, and only eating twice or thrice a day, will go far towards ensuring a strong and healthy body.

It is not every kind of food that is equally good for man. No doubt he is capable of existing on a great variety of food, but the more simple it is, and the plainer it is cooked, the more favourable to his health. Rich, stimulating, concentrated food, condiments, etc., are decidedly injurious; especially do they prove so if taken in large quantities. The more simple substances, such as wheat, oatmeal, barley, rice, maize, macaroni, with the addition of fruits and vegetables, are the most healthy and most natural food for mankind. Nothing more than these are really necessary to enable man to attain the highest state of health and strength.

Flesh, fowl, and fish are mere luxuries, they are not necessities of life (no more so than alcohol or tobacco); they are, on the other hand, more stimulating than vegetable food, more liable to disease, and, moreover, the free eating of them often leads to the excessive use of condiments, which is decidedly injurious.

Persons become dyspeptic and lose their natural appetites, and so lose a great enjoyment and blessing, simply by indulging in unnatural things, the chief of which are alcohol, tobacco, condiments, etc., and eating freely of flesh brings on disease. The mischievous results of these things show themselves in a hundred ways, besides keeping many persons poor in pocket and home. Those who indulge only in necessary food, etc., have better health, and, consequently, are more cheerful and happy than those who eat and drink luxuriously, as they call it. Temperance and economy form no small part of Christianity.

The rule of health is to keep the feet warm by exercise, and the head cool by abstaining from alcohol and tobacco, and the tongue clean by eating moderately of the simplest and best food.

R. SHIPMAN.

MAIZE.

ALONG with oatmeal and wheatmeal, the queen and king of grains, we may class Indian-corn or maize as a cheap and serviceable food. It is rich in nitrogen, and in this respect ranks next to oats. Maize was selling the other day in Nebraska for sevenpence a bushel. In Servia it was selling for thirteence a bushel. It is a most cheap and nutritious food when ground and well-cooked in porridge or baked into cakes. The article so largely used in Northern Italy under the name of polenta is an Indian-meal pudding, and this dish is now so much appreciated (according to Dr. Gover) in many districts of the west of Ireland, as to be gradually displacing the potato. The flavour of maize is sometimes considered harsh by those who are not accustomed to it, but this objection may be entirely avoided by using it in combination with oatmeal. A most nutritious and digestible porridge, or stirabout, may be made by an admixture of the two meals; but inasmuch as Indian-meal takes rather a longer time to cook than oatmeal, some little care is required in manipulation. In the Southern States, during the dark days of slavery, the blacks were fed almost exclusively on a diet of Indian-corn, in the shape of hominy or hoe-cake, the latter being literally a cake baked in the oven on a hoe, and on this diet their health and strength, often taxed to the utmost, was abundantly sustained.

C. DELOLME.

CHEAP FOOD AND COOKERY.

A LARGE meeting was held on Tuesday week, in the Town Hall, Newbury, for the purpose of inaugurating a course of instruction in cookery. Mr. Buckmaster said, although he had no official connection with the Training School at South Kensington, he knew the school was doing a useful work. It had classes all over the country, and had been the originator of all that had been done to improve our cookery; but good cookery and cheap food were only blessings to people who are careful and thrifty in the management of their households. The very abundance with which we have been blessed, is often turned into dearth and scarcity by our extravagance and waste, and this waste cannot go on without corresponding want and misery somewhere. Our rapid increase in wealth has made us

the most wasteful and extravagant of people. For any article of food to be cheap is to be despised, and parts called inferior by the butcher cannot be sold when men earn good wages. Lentils, porridge, skim milk, haricot beans, macaroni, and a host of other cheap foods are rarely seen. The illustrations included stewed lentils and fat pork, lentil soups and plain boiled potatoes.

TEST FOR COPPER-FACED TEA.

TEA, rendered poisonous by dressing it with carbonate of copper, speedily imparts to liquid ammonia a fine sapphire blue tinge. It is only necessary to shake up in a stoppered bottle for a few minutes a teaspoonful of the suspected leaves, with about two tablespoonfuls of liquid ammonia, diluted with half its bulk of water. The supernatant liquid will exhibit a fine blue colour if the minutest quantity of copper be present. Green tea, coloured with carbonate of copper, when thrown into water impregnated with sulphuretted hydrogen gas, immediately acquires a black colour. Genuine green tea suffers no change from the action of these tests.—*The Monthly Magazine of Chemistry.*

OUR FRUIT PROSPECTS.

AN estimate of the prospects of a successful fruit year so early in the season as this may be something akin to the proverbial 'holloa' before getting clear of the wood—a cry which usually provokes more derision than sympathy for those who indulge in it when their expectations fail to be realised. But so far as present appearances go, in such places in the south of the kingdom as have come under our notice, it is some years since they were so favourable. Taking almost all the species of hardy fruits into account, there is existent the first essential for a crop, an abundance of bloom-buds. Apples, pears, plums and cherries, in addition to bush fruits, are well studded with fine, healthy, well-developed buds that still further hold out the likelihood of a plentiful fruit season by being more than usually late, so much so, that unless the weather were to continue from the present more than ordinarily mild and sunny, the time of flowering will be later than usual, giving a better chance of escaping spring frosts. Added to this, the trees of both apples and pears have been rested by carrying in most places very little fruit during the last two summers. Thus, on taking all the conditions into account, we think we are justified in looking forward to a plentiful fruit season, always barring spring frosts.—*Gardeners' Chronicle.*

A NEW FRUIT, VEGETABLE AND FLOWER MARKET FOR THE CITY OF LONDON.—The Markets Committee of the Court of Common Council have drawn up a report recommending the construction of the new fruit, vegetable, and flower market, at a cost not exceeding £30,000. The City architect had prepared plans and a model, estimating the cost at £56,000, but the Committee thought that a design of a less expensive character would meet all the requirements. The site extends from Charterhouse Street to Snow Hill, and from Farringdon Road to the London, Chatham, and Dover line. All the excavations have been performed, so that the basement can be at once proceeded with. To form the approaches, King Street has been widened on the northern side, a new street from King Street into Charterhouse Street, and another new thoroughfare from this street to the junction of Snow Hill and Farringdon Road has been made, and part of the London, Chatham, and Dover line has been covered in. The matter now awaits the Common Council's approval of an agreement to be entered into by the Railway Company and the Corporation. This market, when complete, will be the last of the series designated in the Act as the London Central Markets, viz., the Meat Market, the Central Poultry and Provision Market, and the Central Fruit, Vegetable, and Flower Market.—*The Citizen.*

DOMESTIC ECONOMICS.

ECONOMY IN HOUSE AND HOME.

By the Rev. F. WAGSTAFF, Editor of the *Lay Preacher*.

(Concluded from page 72.)

PASSING to another part of our subject, we come to a topic on which a volume might be written—furniture, domestic utensils, etc. We must content ourselves with a few serviceable hints. It may be an open question whether it is on the whole more economical to buy furniture new or second-hand. Much will depend upon the choice which second-hand shops may present at the time, and still more upon the judgment of the purchaser. Where a large stock can be chosen from, and where the purchaser has sufficient taste and judgment to avoid filling his house with all sorts of incongruous and ill-matched articles, there is much to be said in favour of the second-hand shop. The three things to be kept in mind in furnishing a house are adaptation to the purposes required, soundness of material and workmanship, and reasonableness of price. If the first and second are not secured, the third cannot be.

Furniture is first for use, and only in a secondary degree for ornament and show. As a rule, that which is best for the former also best answers the latter purpose. Chairs, tables, sideboards, etc., that are unusually elaborate in their design are seldom durable, and are not easily kept clean. Simplicity of design is most likely to be accompanied by strength and durability. A well-furnished room, in whatever part of the house it is situated, is one in which no one article of furniture seems out of keeping with the rest. Or we may express the same idea in another form, and say that its effect is pleasing to the visitor, without his being able exactly to say why he is pleased with it.

If you are buying a carpet for durability you must choose a pattern with small figures.

Furniture, and everything else in the house, lasts the longer for being kept clean. Cleanliness promotes economy in many ways. If its benefits were confined to improved health, the monetary gain to the household would be large; but saving in the matter of doctor's bills is far from being the only one ensured by the simple practice of keeping the house and its contents thoroughly clean. It is with fire-irons, saucepans, and all other hardware as with human beings—far better to wear out than rust out; and every good housewife knows how much longer every article in domestic use will last when it is systematically and thoroughly cleaned. Old rags and flannels should be put aside for this work. When cooking utensils are regularly cleansed after being used, and when care is taken to keep everything as clean as possible, there will seldom be any necessity for turning the house inside out, with all the disorder, labour, and expense of a general 'clean up.'

Orderliness in the arrangement of domestic articles largely contributes to economy, at the same time that it increases the comfort of the simplest and plainest home. To have a place for everything and to keep everything in its place is the golden rule of housekeeping. To have knives and plated forks and spoons,

for example, thrown indiscriminately into the same receptacle, is as destructive as it is untidy; while a large percentage of breakages in the china closet arises from the want of arrangement in the contents of the several shelves. Large and heavy dishes and light and fragile glass are placed side by side, and careless hands are certain to do mischief in removing them when wanted.

An excellent and cheap furniture polish may be made by mixing sweet oil and vinegar in equal parts, and using it constantly, rubbing the furniture afterwards with a piece of soft leather. Furniture cream may be made of 1 oz. of pearlash, a gallon of soft water, 1 lb. of beeswax, and 4 oz. of soap. Boil till dissolved, spread it with a painter's brush, and polish with leather.

Old newspapers are excellent to put a finish on newly-polished tin-ware, cutlery, and silver spoons, and to renew the polish of stoves that have been blacked at some time. Brown paper is a capital thing to polish tin with. After windows are fresh and free from all dust, rub them with old, soft, crumpled newspaper, the glass will be as clear as crystal.

Mirrors and looking-glasses are frequently spoiled by the neglect of a very simple precaution. It does not seem to be generally understood that the amalgam of tinfoil with mercury spread on the back of looking-glasses is very readily crystallised by the action of the sun's rays. A mirror hung where the sun can shine on it is usually spoiled. It takes a granulated appearance, with which most housekeepers are familiar, though they may be unacquainted with the cause of the change.

Boil some tea leaves and strain them. The liquor makes an excellent wash for windows, looking-glasses, lamps, water bottles, japan trays, etc.

Glass and china being exceedingly brittle, should be handled with special care. Since accidents will happen, it is well to be able to repair damages promptly. Take some unslaked lime, powdered very finely; make a paste with it and the white of an egg, and rub it thinly but quickly over the edges of broken china, and set the article away to harden.

Tin vessels used for cooking should be cleansed quickly and thoroughly dried. If left in a damp, wet state they soon rust and go into holes. Brooms and brushes should be washed at least once a week, and then hung up to dry. It will prevent the wood from rotting, by properly draining the water from the hair. To clean and restore the elasticity of cane-seated chair bottoms, wash the under surface of the cane with hot water and a sponge. Work well, so that it is well soaked, and should it be dirty, use soap. Let it dry in the air, and it will be as tight and firm as new, provided none of the canes are broken.

Tablecovers soon become unsightly when stained or marked with ink spots. It is much easier to prevent this than to remove the stains afterwards. A clean newspaper spread on a table when anything is being done that may cause marks and stains will preserve the cloth from harm, and the spots which the paper will present afterwards will testify to the necessity of the precaution recommended.

Lamps should always be trimmed by daylight. The habit of postponing this till the lamps are required is dangerous, besides the extra risk of spilling and wasting oil, breaking glasses, etc. In cold weather lamp glasses should always be slowly warmed before being used, else the sudden heat of the lamp will cause

them to break. The cost of half-a-dozen new glasses during the winter is, in some houses, the penalty for neglecting this simple precaution. A good oil lamp will give as much light as gas, and in most cases will be found both healthier and more economical. Where gas is used the waste is commonly considerable. More is burned than the requirements of the room demand, and it is not unusual to leave burners for hours in rooms where they are not wanted. If for three months the gas throughout the house were lowered when not wanted, and the state of the meter compared with the corresponding period of ordinary use, the contrast would at once show how large is the annual waste on this item of domestic expenditure.

While speaking of light, we may refer to the waste of fuel in ordinary fires. In very cold weather a good fire that will thoroughly warm the room is far more economical than one which needs replenishing and stirring every few minutes. If the bottom of the grate be kept clear and a supply of 'slack,' or small coal, be laid on behind, the heat will be thrown forward into the room, instead of escaping up the chimney. Moderate-sized pieces of coal may be introduced between the bars from time to time, and a clear fire kept up for hours with the consumption of less than half the coals burned in the ordinary way. It is a common remark, when a great quantity of smoke issues from a chimney, 'They keep a good fire in that house.' This is a great mistake. The smoke which pours out in volumes, poisoning the air, is so much unburned fuel, of which the wasteful people are robbing themselves without benefiting any one else. Cinders carefully taken up from the ashes below the grate, and laid on the top of a fire, promote the more complete consumption of smoke, and help to keep a good fire at small cost.

Visitors are often compelled to carry a considerable quantity of dirt into houses because no scraper is provided for their use. A scraper placed in a convenient position outside every front door, and good rough mats inside, contribute very much to the preservation of carpets.

Adequate provision in the shape of hat-pegs, umbrella stands, etc., insures no inconsiderable saving both in cleaning and in the preservation of hats, overcoats, and umbrellas; but coats and hats are better kept in wardrobes and dressing-rooms.

These hints will, we think, abundantly serve our purpose, namely, to indicate the wide scope for the exercise of economy in 'house and home.'

THE AGES OF ENGLISH PRIME MINISTERS.—An American paper gives some details of the lives of English Prime Ministers. Since 1800 there have been eighteen Premiers, and one remarkable characteristic about them is that they are peculiarly long lived. Mr. Spencer Percival was assassinated at the age of 50, and Sir Robert Peel died in consequence of a fall from his horse at the age of 62. Pitt is an exception to the rule, as he died at 46, and Canning only reached 57. Lord Beaconsfield was 74 last month, and Mr. Gladstone is past 70; and the remaining twelve who have held office since 1800, average over 75 years of age, though the average is much decreased by Lord Liverpool, who died at 58. Lord Sidmouth, who quitted office as Premier in 1804, died at 87, in 1844. Lord Granville left office in 1807, and died, aged 75, in 1834. The Duke of Portland died at 71. Viscount Goderich resigned office in January, 1828, and died in 1859, aged 67. The Duke of Wellington quitted office in November, 1830, and died in 1852, aged 83. Earl Grey left office in 1834, and died in 1845, aged 81. Viscount Melbourne left office, the second term of tenure, September, 1841, and died, aged 69, in 1848. Earl Russell resigned the Premiership last in July, 1866, and died in 1877, aged 85. Lord Derby was last in office in June, 1859, and died in 1869, aged 70. The Earl of Aberdeen resigned office in February 1855, and died at the age of 76, in 1860. Viscount Palmerston died in office in November, 1865, aged 81.

ON THE POPULARIZATION OF ART.

BY MR. WILLIAM MORRIS.

(Continued from page 59.)

No room anywhere should be covered all over with carpet; it is a stuffy custom, and I am glad to say people are largely giving it up. My own feeling would be for bricks or tiles, or 'some kind of cheap mosaic, like, say, that plumpudding-looking stuff they use in Italy for all floors; but you know these things would be costly unless they were almost universal, and workmen were well used to laying them. Still, the ordinary deal floor of an English house is most discouraging, unless it is kept as clean as the deck of a smart yacht; an impossibility in London or Manchester. If it were not for the degradation of the arts of architecture and building, the well-to-do handicraftsman would have a very great advantage over the middle-class people just above him in one respect, and even now he has some advantage. I mean that his household treasures are like to be all in one room, and will help to decorate it. Ridiculous as the custom is that has lately grown up of covering a drawing-room wall with all kinds of plates, a real kitchen dresser can hardly fail to look well if it is trim and clean; nor is there any decoration, short of pictures, better than books that look as if they were used and beloved. I dare say you know what middle-class houses are apt to be in this respect—pretty much a desert. Now, what is a poor man to do about furniture, chairs, tables, and the like? A board on trestles is always and everywhere the best table; but chairs? the ordinary ones are so cheap, and—so very nasty. I am afraid you will laugh at me if I recommend the old-fashioned Windsor chair, but I don't know what else to do, though even they are made much worse than they used to be. For cupboards and that sort of thing, a man who is not rich must either have them very rough, or be cumbered with the unsound work and hideous sham art of the cheap furniture shops. And, after all, I cannot choose but turn back to our first principles, and say that the best remedy against sham art is to do with as little of things as one can, and get those few that one has good, sound in workmanship, and interesting to look at. In saying all this, I am really putting myself in the place of a handicraftsman, and thinking how I should like to deal with my lodging; and I believe that, setting aside the dismalness of smoky surroundings, I could make it look pleasant and comfortable without getting myself into debt; but I should have to forego many things which my fellow-workmen would consider, if not necessary comforts, at any rate necessary pieces of respectability. But I should do the same if I were a man of narrow means in the class just above the workman's. I would forego the dismal drawing-room and *Debrett's Peerage*, and should expect my fellow-clerks to think my house looked bare, and lacking in respectability in consequence. Nor any the less, if I were a rich man or a lord, should I fail to get into trouble for foregoing a good many of the things 'due to my station.' In short, I must say that it seems to me obvious to a rational man that the way to live comfortably is to have as few things as possible about one; and that same is, I am sure, the counsel of Art, who has always found luxury her worst, because her most insidious foe. Finally, from all I have said, I suppose you will gather that I do not see my way to any direct means of getting the working men, such as they are to-day—such as civilization has made them—to take interest in the arts and decencies of life. I myself hope, as many people fear, that their relative positions will change to their advantage; and I think that change will be to our advantage also. What the result of such a change will be on art I cannot tell; yet I believe it must be for its good if more light and less strife befalls the world. Meantime all education must surely help us, and the education you in Manchester have taken in hand of late by means of a museum is unquestionably both good and important, and I heartily congratulate you on the fact.

The letter was received with much applause, and concurrence in the view enunciated was expressed by Mr. Robert Pollitt, Mr. W. H. J. Traice, the Chairman, and Mr. George Milner.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

CURRENT OPINIONS AND EVENTS.

The *Echo* has, with excessively bad taste, shown itself very spiteful over Prince Leopold's recent admirable public address. It has put forward numerous little leaderettes, etc., all written in a jeering, cynical style; and on Feb. 28, the following paragraph appeared in it:—

'Referring to Prince Leopold's address at the Birkbeck Institution, and the inordinate amount of praise with which it was received by certain journals, a correspondent writes:—"I beg to inform you that one individual who was present on that occasion was not particularly struck with the address, seeing that it was simply read from beginning to end, and that too in such a manner as to leave an impression on his mind that the gifted Prince was not very familiar with the writing."'

The next paragraph was this:—

"Sarah Bernhardt is slight but not thin, diaphanous but not bony; and we doubt not that her favourite and only beverage—champagne—has had not a little to do with the phenomenon which she represents—that of a healthy, well-fed ghost." If the foregoing had been written of a green-grocer's wife, the intellectual critic would have suffered at the hands of her husband. Why should an intellectual woman, because she happens to be an actress, be insulted by a fashionable writer, treating her with the delicacy he would display towards a race-horse or a prize-fighter?

Yes! and if the *Daily Telegraph*, for instance, had written of Prince Leopold as the *Echo* has chosen to write, and His Royal Highness had happened to be in favour with the *Echo*, then would not the *D. T.* have been denounced! However, what is sauce for the goose is sauce for the gander; and therefore, why should an intellectual prince, because he happens to be a prince, be insulted by a fashionable writer treating him with the delicacy he would display towards an ignoramus and an impostor?

The question of cheap food is being discussed in the columns of several leading dailies; and it is evident, from the number of communications published, that it is one in which the people take an interest. It would appear that in many country villages shopkeepers are in the habit of retailing American pork and bacon at $3\frac{1}{2}$ d. to $4\frac{1}{2}$ d. per lb.; while the same article is vended in London, by provision merchants, as English dairy-fed meat, at from 8d. to 9d. per lb. If this is so, surely it is a state of things easily remedied by private enterprise?

The proposition of the Government in the Army Discipline and Regulation Bill to abolish the time-existent, if not time-honoured, Queen's shilling, which has hitherto bound the bargain between the person enlisting in Her Majesty's service and the recruiting officer, will be hailed with satisfaction by most persons. It has been a matter of reproach that young recruits—raw lads—were inveigled, by very questionable means, into taking the coin: and it is to be hoped that the proposed change will improve the character of our army.

The Coffee Palace movement is gaining ground, and promises to be a success, both socially and financially. Many of the houses are well patronised by the classes for whom they are chiefly intended; and the accommodation afforded, apart from the temptation to buy strong drink, must operate in the promotion of temperance. The success of the palaces has attracted the attention of the Licensed Victuallers' Defence League, which has reported as follows:

"As to the Coffee House movement, your Executive think it can be

safely left to run its own course, especially if you will be advised to admit their best features into your own establishments—that is to say, giving sitting accommodation away from your bars, and providing eatables, non-intoxicants, and newspapers."

At the instance of the Church of England Temperance Society, Mr. Hugh Birley, senior member for Manchester, will second Sir Wilfrid Lawson's Resolution in the House of Commons on the 11th inst. This indicates no advance in Mr. Birley's opinion, as for some years his name has been upon the back of the Permissive Bill itself. Amongst the prominent Liberal M.P.'s who have promised to support the Resolution are Mr. Stansfeld and the Hon. Evelyn Ashley.



CORRESPONDENCE.

(The Editor is not responsible for the views of Correspondents.)

'Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.'—Bishop Watson.

ON STRIKES AND CO-OPERATIVE STORES.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Let us analyse a strike—a co-operation of members of a particular trade, or calling, gathered together for the purpose of obtaining better pay, and, if possible, less labour, or fewer hours. What is a Co-operative Society? A gathering together of those who wish to pay less for articles of commerce. What is the cause of a strike? There are various causes—we shall take the most common and most feasible. The actual labourer, or maker of the article, be it what it may—a pin, a coat, or a shaving-brush—receives a certain stated sum; he sees his product of many hours labour in the shop window of his employer, and 'ticketed' for six times what he made it for: the result of which is a villa at 'Ighgate,' a family residence at Ealing, or mansion in Kensington Palace Gardens. Those are the gentlemen-tradesmen now on strike, *versus* the Co-operative Societies! One need not go far to give instances of their enormous profits. Take soda-water, at a chemist's shop or beer-shop, 6d., with 2d. on the bottle—that is, 6s. a dozen, with 2s. returned. I get my soda-water at the A. and N. Stores for 1s. 6d. a dozen, with a deposit of 1s. 6d. for bottles, which is returned. That ought to build a hunting-box in Leicestershire! I send my shaving-brush to be refitted to a shop in Bond Street, 7s. 6d., to the stores, 2s. 6d. I go to the same stores, I buy a pot of Atkinson's Bears' Grease, with 2s. 6d. printed on the pot, for 1s. 6d.!!! The upper classes are having their eyes opened to the barefaced profits of those tradesmen (so-called) who form the middle classes, and who have become thereby rich, and by richness, consequently influential men, and now actually co-operating to send only those who THEY can (purchase) to sit in the House of Commons. These are those on strike at this present moment, whilst they would still charge the same prices and still keep under their thumbs the same working men at the lowest possible terms. These gentlemen know well what they ought to do—make their prices equal to the Co-operative Stores; but in their limited circle of trade, wife, myself, and daughter could not go into the country for our 'oliday,' we could not have a genteel governess, of high family connections, for our daughter, nor could we afford Eton College for 'Arry. The greatest proof of the bare-faced profits is the fact of the non-military classes joining the Army and Navy Stores for supplies—people who, by the way of refused admittances to them, might still be obliged to squander their money at those shops for a few years longer, and so aid in the compulsory reduction of tradesmen's profits. Thus the eradication of suburban villas, less dropping of h's on the *Continong*, and the final planting of trade in its proper place.

To the middle-classes, those who are called self-made men, but who I call selfishly-made men (at the expense of labour and life of the working-men) we are indebted for the absurdly too frequent half and whole holiday system, that is radically now the ruin of many a fireside; and daily more and more the (infantile) cause of strikes from over indulgence in lazy habits. Those too frequent holidays do not decrease the sick list or mortality; but, in my opinion, materially help to add to vice and immorality. Co-operative Societies are the working-men's best friend, if they would but wait a bit. When established, roomy, well-ventilated workshops will be raised, and the man as well cared for as Her Majesty cares for her soldiers, they will see their families supplied not by tradesmen charging treble value for each article, but at almost cost price. Thus will the middle class be more amalgamated with its third.

Yours faithfully,

RADIX.

London, March 4th, 1879.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach ; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —Coleridge.

Take care that in every town the little roofs are built before the large ones, and that every one who wants one has got one. And we must try also to make everybody want one. That is to say, at some not very advanced period of life men should desire to have a home, which they do not wish to quit any more, suited to their habits of life, and likely to be more and more suitable to them until their death. And men must desire to have these their dwelling-places built as strongly as possible, and furnished and decorated daintily, and set in pleasant places, in bright light and good air, being able to choose for themselves that at least as well as the swallows. And when the houses are grouped together in cities, men must have so much civic fellowship as to subject their architecture to a common law, and so much civic pride as to desire that the whole gathered group of human dwellings should be a lively thing—not a frightful one—on the face of the earth.—John Ruskin.

As we went I asked :

'Who is the greatest man among you here?'
'The oldest or the wisest do you mean?'
'I mean the greatest—he who rules the rest.'
'We have no ruler—none is more than other.'
'But how when men assert contending claims?'
'They never do,' she answered, with a smile ;
'For when the will of GOD is done by all,
Then all men in the will of GOD are one.
And each of us is better pleased to please
His neighbour, than he is to please him: elf.'

Wade Robinson.

Adam called his house heaven and earth ; Caesar called his house Rome ; you perhaps call yours a cobbler's trade, a hundred acres of ploughed land, or a scholar's garret. Yet, line for line, and point for point, your dominion is as great as theirs, though without fine names. Build, therefore, your own world. As fast as you conform your life to the pure ideal in your mind, that will unfold its great proportions. A correspondent revolution in things will attend the influx of the Spirit. So fast will disagreeable appearances, swine, spiders, snakes, pests, mad-houses, prisons, enemies, vanish ; they are temporary and shall be no more seen. The sordid and filth of nature the sun shall dry up, and the wind exhale.—Emerson.

And it comports with reason : the less ill
Men do, less will they suffer ; the more good
Men do to men on earth, the more will God
Do unto them in heaven ; for He repays
Always an hundred, oftentimes thousand fold.

P. J. Bailey.

There is no creature which creepeth on the earth, but God provideth its food ; and He knoweth the place of its retreat, and where it is laid up.—The Koran.

I have never known a trader in philanthropy who was not wrong in heart somewhere or other. Individuals so distinguished are usually unhappy in their family relations ; men not benevolent or beneficent to individuals, but almost always hostile to them, yet lavishing money, and labour, and time on the race—the abstract notion. The cosmopolitanism which does not spring out of and blossom upon the deep-rooted stem of nationality and patriotism is a spurious and rotten growth.—Coleridge.

There are fatal days, indeed,
In which the fibrous years have taken root
So deeply, that they quiver to their tops
Where'er you stir the dust of such a day.

E. B. Browning.

The most exalted reputation is that which arises from the dispensation of happiness to our fellow-creatures.—W. Penn.

Weigh not so much what men say, as what they prove ; remembering that truth is simple and naked, and needs no invective to apparel her comeliness.—Sir P. Sydney.

After the execution of Sabinus, the Roman general, who suffered death for his attachment to the family of Germanicus, his body was exposed to the public, upon the precipice of the Gemonia, as a warning to all who should dare to defend the fallen house. No relative had courage to approach the corpse ; one friend only remained true—his faithful dog. For three days the animal continued to watch the body : his pathetic howlings awakened the sympathy of every heart. Food was brought to him, which he was kindly encouraged to eat ; but, on taking the bread, instead of obeying the impulse of hunger, he fondly laid it on his master's mouth, and renewed his lamentations. Days thus passed, nor did he for a moment quit his charge. The body was at length thrown into the Tiber ; and the generous and faithful creature, still unwilling that it should perish, leaped into the water after it, and, clasping the corpse between his paws, vainly endeavoured to preserve it from sinking ; and only ceased his endeavours with his last breath, having ultimately perished in the stream.—*Anecdotes of Animals.*

Better far,

Pursue a frivolous trade by serious means,
Than a sublime art frivolously.

E. B. Browning.

William Rufus having an abbey to bestow, several of the clergy, knowing the king to be covetous, bid large sums for the place. The king, seeing a monk stand by who offered nothing, asked him, 'And what will you give for this abbey?' 'Indeed not one penny,' says the monk, 'for it is against my conscience.' 'Then,' says the king, 'thou art the most fit man to be abbot ;' and so gave him the abbey immediately.—*De Foe.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

Miss C.—The document was duly presented, but its prayer was not granted. Wait for the report.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates :—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

Front page	£ s. d.
do. do., per column	4 0 0
Back page	1 10 0
do. do., per column	5 0 0
Inside pages	2 0 0
do. do., per column	4 0 0
do. do., per column	1 12 6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d. ; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received :—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

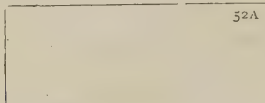
The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the rate of 3d. per twelve words; but less than four words will be charged one penny. Halfpenny stamps are received in payment.

Advertisers not wishing their names and addresses to appear must intimate their desire to us, when we attach distinctive numbers to such advertisements; and all replies to such advertisements must be addressed, under cover, to the respective numbers at our Office.

In replying to an advertisement to which a number is attached, the answer must be contained in a blank envelope, which must be fastened, with the number of the advertisement distinctly written upon the top right hand corner of it, thus—



and enclosed with a penny stamp in another envelope, addressed to the Manager of "House and Home," 335, Strand, W.C.

We strongly urge strangers, when dealing with each other, to deposit the purchase-money at our Office. When this is done the deposit will be acknowledged to both parties, and we shall hold the money until we are satisfied that the transaction is completed; when, if a sale has been effected, we shall remit the amount to the vendor, but if a sale is not effected and we are satisfied that the goods have been sent back to the owner, the money will be returned to the depositor. In either case we deduct 6d. commission if the amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on approval should not be kept more than four days. We advise all goods to be purchased on approval, and the right to return them should be insisted upon. When a number is used instead of the name and address of the advertiser, the name of the town should be appended to the advertisement, thus—(Gloucester.)

Unless otherwise stated the prices advertised do not include the postage or carriage of the article offered for sale. The rule in the case of an article sent on approval but returned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting strangers. Goods ought never to be parted with for Bills, Drafts, Cheques, or Notes, until these have been cleared, or their genuineness otherwise ascertained. The deposit system, however, provides Perfect Safety.

All letters must be addressed to the Manager, Sale and Exchange Department, "House and Home," 335, Strand, W.C.

Deposits must be made by Cash, or by Cheques, and Post Office Orders, drawn in favour of John Pearce, and payable in London.

The Sale and Exchange.

THE LIBRARY.

OLD DIVINITY.—Gray's Key to the Old Testament and Apocrypha; Sermons and Essays by Toplady; Smith's Lectures on Nature and End of Sacred Office, at 1s. each; Considerations on the Sufferings of Christ, by J. Rambach, translated from the German, 3 vols., calf, 6s.; Spurgeon's Sermons, vol. 1, 1855, half-calf, 2s. 6d.; Christian Penny Magazine, illustrated, vols. 1, 2, 4, 2s. 6d.; Church of England Magazine, 7 vols., various, in half-calf, clean, 10s.—76.

HYDOPATHY.—Domestic Practice of Hydropathy, by E. Johnson, 2s. 6d.; Theory and Practice of Water Cure, by Dr. E. Johnson, paper, 1s.; Water Cure in Chronic Disease, Gully, 2s.; smaller edition, 8d.; Smedley's Hydropathy, 8d.—77.

HEALTH.—Sylvester Graham's Lectures on Human Life, 2 vols., cloth, American Edition, 6s.; Coombe on the Management of Infancy, 1s.; The Art of Prolonging Life, 1s.; Constitution of Man, Combe, soiled, 6d.; Fruits and Farinacea, the Proper Food of Man, by John Smith, 5s.—78.

TEMPERANCE.—Bacchus, by Gundred, 3s.; Some Inquiries into the Effects of Fermented Liquors, by a Water Drinker (Basil Montague), 1814, some plates missing and wanting binding, 2s. 6d.; Parliamentary Evidence on Drunkenness (J. S. Buckingham's Committee), 1834, 5s.; International Temperance Convention (1862), 3s.; The Anatomy of Drunkenness, Macnish, 2s. 6d.; Dunlop's Compulsory Drinking Usages, 2s. 6d.; Macculloch on wine, 1s.; Curse of Britain, 2s.; do., 1s. 6d.; Idolatry of Britain, 2s.; Scottish Reviews, 1861, 1s. 6d.; Livesey's Moral Reformer,

1832, May to December, 3s.; Truth Seeker, edited by Dr. Lees, 1849 and 1850, two volume, half-bound, 10s.; Walls and Dr. Lees, vol. 4 (Prohibition), 4s.; do., 2s. 6d.; Is Alcohol a Medicine? by Dr. Lees, 1s.; Nott's Tea Lectures, 1s.; Wine Question Settled, by B. Farson's, 1s. 6d.; Delawar's Considerations of Temperance (American), 3s. 6d.; The Bible Commentary, 2nd edition, 4s.—79.

History of England, by Hume, 8 vols., bound, with portraits; Continuation of do., by Smollett, 5 vols., clean and uniform, 13s.—80.

ILLUSTRATED.—Cruikshank's Comic Almanac, 1845, 1s. 6d.; do. 1851, 1s. 6d.; Environs of London, by John Fisher Murray (Western Division), 1852, boards, 4s.—81.

CHOICE NOTES.—History, 2s., Folk Lore, 2s.; Signs of the Times, Bickersteth, 1s.; Perils of the Nation, 1s.; Discussion of Spiritualism, Britain, New York, 1855, a large vol., 6s.; Lord Byron's Works, French Edition, in English, 1819, 6 vols. only, vols. 1 to 6, bound with portraits, 5s.—82.

EQUAL TO NEW.—Arctic Expeditions, by Murray Smith, pub. at 42s., for 12s.; Seddon's Rambles in Rhine Provinces (31s. 6d.), 10s. 6d.; The Lord's Prayer, by Dean Alford (21s.), 4s. 3d.; Shakespeare's Plays and Poems, chromo-litho plates, 2 vols. in 1 (25s.), 10s.; Sisterhoods of England (6s.), 1s. 6d.; Adirmdac Tales (3s. 6d.), 1s. 4d.; Millman's History of the Jews (3s. 6d.), 1s. 6d.; Burritt's Voice from the Back Pews (6s.), 1s. 8d.; Half-hours With Sacred Poets (3s. 6d.), 2s. 6d.; Distinguished Persons in Russian Society (7s. 6d.), 2s.; Hogarth's Frolic (10s. 6d.), 3s. 2d.; London's (Mrs.), My Own Garden, 8d.; Beeton's Book of Anecdote, 6d.; Memoirs of P. P. Bliss, 4d.; Sargent's Communications from Another World, 6d.; Spurgeon's Twelve Realistic Sketches, with portrait, 9d.; Unity of Natural Phenomena, by Sargey (5s.), 1s. 6d.—84.

HISTORY.—Quite equal to new, Gibbon and Ockley's History of the Saracen Empire (Murray), 2s.; Memoirs of the Court and Times of Queen Elizabeth, 2s.; Hallam's State of Society in Europe during Middle Ages, 4d.; History of the Decline and Fall of the Roman Empire, by Gibbon (Bohn's imperial edition), pub. at 31s. 6d., for 9s. 6d.; Burnet's History of his own Time (Bohn), pub. at 25s., for 7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half morocco, 16s.; Hume's England, 3 vols., cloth, 1871, 7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.; Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.; England under Henry VIII., by Lord Herbert, 1872, 3s. (London)—53.

RELIGIOUS.—The following are from the library of the late Bishop Wilberforce: Mornings with Mamma, fourth series, roan, 2s.; The Epistle to the Galatians, by Sir Stafford Carey, M.A., 2s.; Church Expansion, by Rev. C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural Deans, by Fendall, 1s.; The Spiritual Combat, by Father Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Tegg, London), a large vol., half-bound, in good condition, 6s. 6d.; Milton's Works, prose and poetical, in one large vol., cloth (Bohn), 7s. 6d.; Budinger's Abridged Bible, from the German, by Asher, 1s. 6d.; Cobbin's New Testament with notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in 3 vols., 6s.; New Testament in Hebrew and Greek on opposite pages, 2s.; The Perfect Life, by W. E. Channing, 2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.; Invocation of Saints and Angels, by Shipley, 1s. 6d.; Femall Glory, 1635, reprinted and edited by Shipley, 2s.—55.

OLD LITERATURE.—The Reconciler of the Bible, by J. T. Minister of the Gospel, London, 1696, old calf, 2s. 6d.; Heaven Opened, by R. A., London, 1665, old calf, 2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A., in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology, in two small vols., newly bound in leather, 1799, 3s.; Characteristics, by Anthony, Earl of Shaftesbury, in 3 small vols., old calf, 1749, 5s.—57.

POLITICAL.—Letters of Rannynmede, by Lord Beaconsfield, 1836 (a very daring work in his most sarcastic style), 10s. 6d.; The Voyage of Captain Papanilla, first edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for the People, edited by J. A. Roebuck, M.P., London, 1835 (a most Radical production of the then Radical reformer), 8s.; Individual Liberty, by Vindex (a clever reply to J. S. Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the Man of his Time, from caricatures, over 100 caricatures, 4s.; The Great Suez Canal, its political, engineering, and financial history, by Percy Fitzgerald, 2 vols., pub. 30s., 5s.; Life of Thomas Wentworth, Earl of Stafford, by E. Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney, 1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.; Memoirs of Distinguished Political Women, 2 vols., 3s. 6d.; Old Rome and New Italy, by Castelar, translated by Mrs. Arnold, 2s. 6d.; Secret Societies of the European Revolution, by Frost, 2 vols., 5s. 6d.—60.

MEDICAL AND SCIENTIFIC.—Notes on Epidemics, by Austie, 1s.; Beeton's Dictionary of Universal Information, 9s.; Blackwell's Lectures on the Laws of Life, 9d.; Change of Air and Scene, a Physician's Notes and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s.; Our Food, by E. A. Davidson, 9d.; Sciatia and Lumbago, by H. Lawson, M.D., 2s.; Wines and Other Fermented Liquors, by Sheen, 1s.; Smedley's Practical Hydropathy, 2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.; Elements of Health and Female Hygiene, by Dr. Tilt, 1s. 8d.; Utilisation of Minute Life, by Phipson, 1s. 8d.; Kirke's Handbook of Physiology, by Baker, 6s. 6d.—65.

FICTION.—White Conquest, by Hepworth Dixon, 2 vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds, 40 steel engravings, 7s.; Calumny, by Eastwood, illustrations, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d.—66.

The following novels are equal to new, some uncut, in three volumes, offered at 3s. per set:—A Little World, by G. M. Fenn; As the Shadows Fall, by J. E. Muddock; As Innocent as a Baby, by W. C. Russell; Beauchamp's Career, by Geo. Meredith; Black Spirits and White, by F. E. Trollope; Broad Church, by Dr. M. Davies; Captain Fanny, by the author of "John Holdsworth"; A Charming Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers; The Chronicle of Sir H. Earsleigh, Bart.; Squire Silchester's Whim, by M. Collins; Miranda, by M. Collins; Democracy, by Whyte Thorn; Done in the Dark, by the author of "Recommended to Mercy"; Doubleday's Children, by Dutton Cook; Durnton Abbey, by T. A. Trollope; Fair, but not False, by Evelyn Campbell; From Plough to Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J. Ayton; Greed's Labour Lost, by the author of "Recommended to Mercy"; His Second Wife, by Mrs. Eiloart; Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P., by Mrs. Eiloart; The Landlord of the Sun, by William Gilbert; Love's Young Dream, Oakshott Castle, by Henry Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty Miss Bellow; Shipowner's Daughter, by John Saunders; So Very Human, by A. B. Richards; The Doctor's Dilemma, by Hesba Stretton; Thereby hangs a Tale, by G. M. Fenn; and Vets, by Dr. C. M. Davies.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View of London, by John Corry, 1810, very curious, 2s. 6d.; Hogarth's Works, in three vols., 8vo., cloth, 160 engravings, 13s.; The Genial Showman, Artemus Ward's Life, 4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intemperance, and temperance.—Verax, "House and Home" office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4. J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high, or 3ft. 3in. wide. State condition. (Reading)—69.

EXCHANGE.—Advertiser offers "Horticultural Record," weekly, for "House and Home" weekly, or "Literary World," monthly, for "House and Home," monthly. (Denbigh)—73.

MAGAZINES (unbound, complete, and quite clean).—Leisure Hour for 1867, 1868, and 1869; Chambers' Journal, 1864; Quiver, 1870 and 1871; all at 2s. each.—74.

ENGRAVINGS.—Two fine engravings, "John Wesley Preaching on his Father's Tombstone," and "Charles Wesley preaching to the Red Indians." What offers?—75.

PRINTING.—Wanted a Self-Inking Machine, Mode or Simplicissimus (London)—70.

ROBERTS' STOVE to burn night or day for about 2d. fuel, 61 ros.—S., Ivy House, Ullesthorpe, Lutterworth (Leicestershire).

DISC WASHING MACHINE with Winger, £4.—S., Ivy House, Ullesthorpe, Lutterworth (Leicestershire).

RABBITS.—Himalayan rabbits, buck and doe, the latter has had three litters, which have been well brought up. 6s. pair, or separately.—T. Howard, Grove Bank, Highgate.

OIL PAINTING.—Offer wanted for an Old Oil Painting (King Charles), size 28 by 23 inches. Can be seen at 24 E Street, Queen's Park Estate, W.

FINE ARTS.—Wanted, some ancient Oil Paintings, or a Good Old Violin, in exchange for a Capital Sewing Machine or a Good Watch.—Please give full particulars to—85.

ADVERTISEMENT.

THE TEMPERANCE JOURNAL AND TREASURY.

A WEEKLY FAMILY AND GENERAL TEMPERANCE NEWS-PAPER,

Having a Large Circulation throughout the United Kingdom and abroad. The Number for Feb. 22nd contained the Opening Chapters of a Story of great interest, entitled

THE CURSE OF MILL VALLEY.

Amongst the regular contributors to the paper are Dr. F. R. Lees, F.S.A., William Hoyle, Esq., of Tooting, and others.

In addition to the Serial Story, each Number Contains: Articles and Leaders, by competent writers; Topics of the Week; Page of The Home; and for the Young original and selected Poetry; Progress of the Cause at Home and Abroad; and Reports of the Leading Temperance Organisations throughout the World; Varieties, grave and gay, and Enigmas, and Charades, for answers to which prizes are offered.

The TEMPERANCE JOURNAL is published every Thursday for Saturday, Price One Penny, and can be obtained from all Newsagents and Booksellers.

Trade supplied by Messrs. CURTICE and Co., Catherine-street, Strand, W.C., and at the office of the Journal, 61 Fleet-street, E.C.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MARCH 15th, 1879.

* We must apologise to our general readers for occupying so much space this week in narrating the history of the Artizans' Company; but we have been requested to give the information more rapidly, and as a great number of our readers are interested either as shareholders or tenants in the Company, we comply with the request, and hope to finish the subject in the two next numbers.]

SANITARY HOUSE CONSTRUCTION.

HOUSEHOLD SANITARY ARRANGEMENTS.

[Cantor Lecture, No. 3.]

BY PROFESSOR CORFIELD.

IN his third Cantor Lecture, 'On Dwelling Houses,' delivered on Monday evening at the Society of Arts, Dr. Corfield concluded his remarks upon ventilating and heating apparatus, and commenced the consideration of water supply. To show how air could be admitted to a room without perceptible draught, an experiment was performed. Two little flags were hung in a line with the nozzle of a pair of bellows; when the bellows were blown they waved, the agitation being more marked when a tube was added to the bellows. One of Ellison's conical brick ventilators being placed before the bellows, with the small hole next the nozzle, scarcely any movement of the flags took place till the bellows had been worked for some time. A device invented by Mr. Stevens, in which a series of uniform perforations ended in little metal cup-mouthis placed behind a wire grating, was applied to the bellows with equally satisfactory results. Such contrivances for admitting fresh air to rooms without draughts ought to be placed high up in the apartment, and not in the skirting board, as was too often done. Unless the fresh air was warmed by passing over heated pipes, it would be too cold to be admitted to the lowest level of a room. M'Haffie's valve was exhibited and explained, it being shown that it would admit fresh air unless the wind was too violent, when it would be self-closed. Some galvanised iron-louvre ventilators, which are adjusted by a key, sent by Hart, Son, and Peard, were also shown. Dr. Ball's ventilator had a delicately-adjusted valve (which in the exhibited specimen was out of order), admitting air to a siphon-like passage; it was claimed for the siphon that blacks would thus be kept out, and that air would be 'drawn up' more readily; but the lecturer expressed grave doubts as to the possibility of the latter claim being sustained. There were two or three kinds of stoves or grates connected with ventilation. That invented by Captain Douglas Galton had all round it an air-chamber, into which fresh air was admitted from outside, and after being warmed, was passed into the room. By this means, 35 per cent. of heat from the fuel was utilised. A variety of this was the Manchester school-grate, one of the differences being that air was admitted in a vertical direction. The caution was given that the back of the grate and the flue, so far as they were in an air-chamber, ought to be of one casting; if a joint existed, sooner or later it

would open, and air would pass from the flue into the air-chamber. Some slow-combustion stoves had a provision for heated air returning into the room. This air was always too dry, the modifying influence of the water vessel set upon the stove being comparatively slight, and the charring of the organic matter in the air caused the peculiar smell known as that of 'cast-iron.' Mr. Saxon Snell had recently invented a contrivance known as the therm-hydric grate. It looked like an ordinary open fire, having near it a boiler connected with a series of vertical hot-water tubes, which stand round about as a range of pillars. The water in these pillars is heated, and thus assists in warming the room; and between the tubes fresh air is admitted into the room, and is gently warmed by the contact. These stoves were found to be too cumbersome to be brought to the Society of Arts' room, but might all be seen at any time on presentation of card at the Parkes Museum, University College. The lecturer next referred to the future prospects of gas. He believed that gas would be more largely used in its proper capacity, that of a warming and cooking agent. It was possible that for a long while it would hold its own as a light, but he did not think we should continue to use coal in the ridiculous manner we do now. We burned coal directly, whereas from it not only could gas be distilled, but tar, carbolic acid, aniline dyes, salts of ammonia, and other increasingly valuable products were obtained at the same time. It was perfectly absurd to suppose that we could go on wasting all these substances in our fires. In every large house the mere dust and dirt created by open fires was equivalent to the employment of two servants. The gas companies ought to be alive to this, and let out for hire gas stoves for cooking, as they now do the meters; but he warned his audience that if gas were used for culinary purposes, the present service pipes would be insufficient. Bunsen's stove was the best for these purposes. The notion that a gas fire was more unhealthy than one of coal was a mistaken one; if equal care were taken to remove the products of combustion, the one need be no greater nuisance, nor more deleterious, than the other.

The lecturer then took up the question of water supply. There were certain obvious characteristics which a drinking-water should possess. It should be clear, colourless, free from suspended matter, forming no deposit if standing, without taste or smell, and aerated. If any of these qualities were absent, the water might be dismissed as unfit to drink; but it might have all these characteristics, and yet be unsuitable, because contaminated by sewage. The suitability of a water could only be ascertained with certainty by a knowledge of its history, added to careful chemical investigation. Waters might be divided into hard and soft. To say which it was advantageous to use was a difficult question. The disadvantages of hard water, in that it clogged up pipes with deposits, and that more soap was needed for washing, were obvious, and the popular prejudice that soft water was preferable appeared supported by facts, including its invariable choice by domestic animals: the Registrar-General had proved, however, that, other sanitary conditions being equal, there was no difference in the average

mortalities of towns supplied with hard or with soft water. But hard water might be softened—on a large scale by the use of Clark's process, which consisted in adding milk of lime. It might seem a paradox to add lime to water already too largely charged with lime, but the milk of lime united with that already in the water and was precipitated with it as a carbonate of lime, carrying down all suspended matter in the water, and leaving it, when seen, in large masses of a peculiar blueish-green colour. A disadvantage of the process was that the deposition of carbonate of lime was somewhat slow—an improvement was the Porter-Clark process, in which the precipitation is effected by lime in filtering the water. The proper supply of water in towns should be from 30 to 35 gallons per head per day. Prof. Rankine had, indeed, fixed the latter quantity as a maximum, but he deprecated any set limit; if as much as possible were provided, a use could be found for it. Ancient Rome had a supply of 300 gallons per head daily, brought by three great aqueducts, and although these had been patched and tinkered up by successive Popes, it was still the best supplied of large cities. The further question arose, how a supply should be obtained? The rain was a source giving an exceedingly soft and well-aërated and, away from towns, a pure supply; if collected in and for rural districts, it was the best supply. In towns, however, the rainfall was so laden with soot, organic matter, and free acids as to be unfit for drinking until purified. In many places shallow wells were almost the only source, but were liable to contamination from cesspools and leaky drains. An economical mode of making these was by means of Norton's Abyssinian pipes, which could be connected together so as to supply a main. Again, springs or small streams could be impounded and brought into towns by conduits—the Roman plan. Incidentally the popular mistake that the Roman engineers did not know the use of the siphon was corrected, Dr. Corfield remarking that at Lyons the water was brought through three deep valleys by a series of leaden siphons. Further, towns might be supplied with water from the rivers passing through them, which rivers had higher up received the sewage of other towns. This sensible and cleanly method of supply was largely adopted in this enlightened nineteenth century. There was a town in England which took its water supply from a stream a mile below the point at which it discharged its own sewage—an example of a 'circular system of supply' to be carefully avoided. A stream was said to be capable of self-purification, and that this could be supplemented by purification in the waterworks and houses, but this was mere sophistry. There was no river in England of sufficient length to admit of natural purification, and the danger even existed that purifying processes might be neglected at the place of intake—a peril which had been more than once exemplified in London. He appealed to the common-sense of the audience whether it was not better to use a water above suspicion than that from a river containing sewage, even if the latter were filtered, boiled, and even distilled. Another source of supply was artesian wells, sunk to the subterranean reservoirs situated between the clay and impermeable rocks. This water was free from organic matters, but normally hard. The Kent Company and part of the New River Company's supplies were drawn from artesian wells, and were the purest in use in London. This artesian water could be furnished to the whole of London

if the inhabitants had only consented to the double system of supply, for drinking and cleansing purposes, as projected a short time since. The great advantages of a constant over an intermittent supply were pointed out in cleanliness, freshness, coolness, and readiness to hand; under the present intermittent system cisterns were, however, indispensable in London households. These were often made of lead, an excellent material for the purpose, but expensive. The dangers of lead for water conveyance had been enormously exaggerated; after a short time the lead was coated with an insoluble compound, and then only very soft or pure waters could act upon the metal. Slate cisterns were expensive, and usually leaked after a time, when the plumber was called in and caulked the joints with red lead—quite as poisonous as lead itself. For use on the ground-floor, where weight was no consideration, glazed stoneware cisterns were useful and cleanly. Galvanised iron was another useful and less ponderous material, upon which water had no action. Proceeding to consider water-pipes, a curious specimen was shown of a lead pipe which had been recently taken up from the chalk near London, in which the metal had been eaten away by external moisture acting on the chalk. Leaden pipes were sometimes lined with tin; but the remedy was worse than the disease, for water acted much more quickly on lead if another metal were present, as galvanic action was set up, and any crack in the tin lining was speedily a source of prejudicial decomposition of the metals. Varnishes for the interiors of mains were best avoided; many were useless and some mischievous, for one of these coatings contained arsenic. In conclusion, the lecturer showed the action of ball-cocks in regulating the supply of water to a cistern, the modes in which they work, and several recent improvements. In the next lecture the subject of filtration will be taken up, and also that of the removal of refuse matters by dry processes.—*Building News.*



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.



THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

I.—ITS ORIGIN, OBJECTS, METHODS, AND EARLY WORK.

(Continued from page 77.)

VERY favourable notices of the Company, its operations and prospects, appeared in several other leading journals; and the report of the *soirée*, with other documents, was made good use of by the

agents of the Company, who were very successful in increasing the share-list.

The buildings at Liverpool, Birmingham, and Gosport were completed during this and the following year. As has been previously stated, the property at Salford and Liverpool was substantially built; but the Birmingham houses are not so well built. At Battersea, 14 houses were erected; at Salford, 78; at Liverpool, 39; at Birmingham, 24; and at Gosport, 20; in all 175 houses; and while, in the case of Birmingham, the buildings were completed during the development of the Shaftesbury Park Estate, these smaller experiments in building must be regarded as having been the early work of the Company. The amount expended on these several estates, inclusive of the cost of land and surveyors, architects, and agents' charges, with the cost of undeveloped land at Baddon, Birmingham, and Liverpool, was £38,945 8s. 2d.

It was in the year 1872 that an estate was purchased at Lavender Hill for £7,250. There are four large houses on this estate, but the intention to build upon the ground behind was not carried into effect, in consequence of the close proximity to the Shaftesbury Park Estate, purchased shortly afterwards, and which, from its extent, required the whole energies of the Company to be devoted to its development.

DISSATISFACTION AT LIVERPOOL AND HUDDERSFIELD—ARBITRATION REFUSED—DISAFFECTED SHAREHOLDERS BOUGHT OUT.

Before quitting the subject of the early operations of the Company, a reference may be properly made to the agencies, or branches, for the sale of shares and the extension of the Company's operations. We have already stated that Mr. Martin, of Manchester, superseded Mr. M. Macleod as agent in that town. In 1872, Mr. Orrah, agent in Huddersfield, and Mr. Tyson, the Liverpool agent, being dissatisfied with various matters pertaining to the management of the Company, pressed the Secretary and Board for information and explanation, and, failing to get satisfaction, they ceased to push the shares in their respective districts.

At this time there were upwards of 200 shareholders in Liverpool, and, feeling that the directors of the Company were not acting in accordance with professions and promises publicly made by them, and as the agent, Mr. Tyson, had failed to get satisfactory explanations, they held meetings and elected a committee from amongst themselves, to draw up and present their case against the management to the arbitrators of the Company.

The committee prepared and forwarded to the EARL OF SHAFTESBURY a letter, in which they say:

'We much regret the necessity for thus troubling your lordship, but much dissatisfaction exists respecting a number of things in connection with the above Company, and, having long applied in vain to our local representative (who appears to be unable to get from the head office the information required), ten of the shareholders here, in the interests of the whole, have appealed direct to the chairman of the directors, but failed to get any satisfaction, or to get their letters answered. They therefore convened a general meeting of the Liverpool branch of the Company, who have appointed the undersigned seventeen shareholders to act on behalf of the whole branch, to use every means they can to secure the required information; and, having since applied again to the chairman of the directors, without getting any satisfaction, we are now compelled to appeal to your lordship, as an arbitrator, on behalf of the Liverpool branch of the Company, though we feel, if all is right, as it should be, that we ought not to be forced to this step. We now therefore beg to solicit your lordship's kind services, as arbitrator on our behalf. We are informing the directors of this, stating the matter to be submitted to arbitration, and giving them notice to appoint their arbitrator, in accordance with the articles of association, and we now wish to appeal for a full, complete, and thorough investigation of the accounts and affairs of the Company, to be made by some properly-qualified public accountant. We feel this to be due alike to your lordship, as well as all other noblemen and gentlemen who have given their aid to the Company, also the whole of the working-class shareholders, for whose direct benefit it is professed that the Company is established (of which we regret to find so little proper evidence), and we, the Liverpool shareholders, certainly cannot longer feel any confidence in the Company until this is done.'

The points submitted to his lordship were:

1. Whether the then directors were legally directors of the Company.
2. Having put questions to the secretary respecting the accounts for the years 1870 and 1871, and failing to get answers, they appealed to the arbitrators to get the desired information for them.
3. They alleged that the annual meeting of March, 1872, was improperly called, with the express purpose of rendering it impossible for shareholders in Liverpool and Huddersfield to be present. On this they say:

'We were most anxious to be properly represented, and, for our own interest, as well as in obedience to the direct injunctions of our three noble arbitrators, to see how matters really and truly stood, but we were GREATLY SURPRISED AND MOST INDIGNANT to find ourselves COMPLETELY DEPRIVED OF ALL CHANCE of being represented, as we intended, at the meetings, for we could not, in spite of frequent inquiries, by any means learn when the meeting was to be held, until there was not the least possibility of any of us attending, it being only two hours before the meeting that SOME of us received copies of the report to be laid before the meeting in London on the same morning. On this occasion the meeting appears (so far as we can learn) to have been just advertised for one day, seven days before the meeting was held, in some of the London papers; there was no local advertisement whatever on the subject. None of the usual notices were sent down, nor any proxy papers supplied to any of us, neither could we by any inquiry obtain the least information on the subject; we have also to point out that we cannot but feel that we were purposely excluded and deprived of our right of representation on account of the information we had been asking for.

4. 'We have also to complain that the repayment tables are not in accordance with the statements made, the differences being chiefly contained in terms of years that have been added to the earlier prospectuses.

5. 'THE AGREEMENT FOR THE PURCHASE OF THE COMPANY'S HOUSES.—From this we just select a few points. In Clause 2 purchasers are to be bound in purchasing the houses to rules and regulations now or HEREAFTER to be PRESCRIBED. We hold that as an agreement it should be on fixed terms, clearly settled, equally binding on both parties, not to be altered until the agreement is completed, otherwise it would be open to the Company to make any and whatever change they might think fit, against the interest of the purchaser, who, by the agreement, would be bound to submit. By Clause 5 the purchaser "is not to be entitled to require or investigate the title to the said hereditaments prior to the conveyance to the Company, etc.," and we do not think it right that we should be so bound to sign away all right to investigate, should it appear necessary, the title to our purchase. In the prospectuses of the Company, page 3, clause 6, it has always been stated that "purchasers who, from sickness or misfortune, cannot keep up their payments, may, without fine, have their payments suspended." This has always been regarded by the shareholders wanting the houses as one of the best points of the Company, but in the agreement there is nothing to secure this advantage to them, it not being in any way referred to, and the shareholders feel that if not clearly included in the agreement, they will never be allowed the privilege, if required, and the only answer we have been able to get is that "no alteration will be made."

6. 'The working of the Company not in accordance with the prospectuses. Our experience makes us feel that the Company is not being carried out as it was professed it would be, as we fully expected it would, and as we were led by the prospectuses to believe. (1st) As far as co-operation pure and simple is concerned, we fail to find it put in practice by the Company as it ought to be, for we are in every way being excluded from any voice in its affairs, while we are forced to feel that the directors do not want to have us as working-class shareholders or as purchasers of the houses, for it appears to us that, having made use of us to raise capital from the wealthier classes, they do not want us, but would prefer to keep the houses as the property of the Company, to be simply let on rent to anyone. They prefer the larger shareholders, who will not look as closely after the management, etc., while the same take their shares under the impression that they are aiding us, while, if we want to purchase the houses, they tell us, quite in opposition to the statement in the prospectus (constantly repeated elsewhere, and even at the last soirée), that only 5 per cent. interest will be charged on the cost, the same, not being reduced, to include all other expenses.

'We will not here enumerate more objections, but trust that what we have shown may suffice to prove to your lordship the necessity

for a full investigation, for we cannot express the disappointment we feel at the way we have been treated, and, though we have adopted this course, we almost believe that we should really have convened an extraordinary general meeting, for the whole to be submitted to it, and have directors properly appointed.'

The letter, of which the above is a fair abstract, where it is not given in full, was forwarded to his lordship, together with all the documents and correspondence relating to the case, on 1st July, 1872, and its receipt was duly acknowledged.

Mr. Tyson says of the subsequent proceedings :

'The committee informed the directors of the steps taken, that they might appoint their arbitrator, and lodge their case. After some delay and urging, the directors, on their part, appointed, not one of the Company's arbitrators, but a person who appeared to be employed in their offices (though they gave a different address), and on such being notified to the earl he took no notice of such appointment, but said "it must be dealt with by the whole of the arbitrators of the Company;" and after further correspondence, he again said it "could only be dealt with by Lords Lichfield and Elcho, together with himself," but, said he, "he for his own part could not attend to it," and so, although the whole of the said arbitrators had always urged their readiness, whenever called upon, to attend to any matter brought before them, when their services were actually needed the shareholders found they could not be had, and the efforts to secure arbitration were frustrated; neither have they ever been able to get back the documents, nor learn what had become of them.

'Such was all that could be gained; notwithstanding that at the meeting held in London in February, 1870, and in consequence of a remark dropped in the room, the arbitrators laid great stress on the fact that they knew nothing about the management (see *ante* pp. 40 and 41), telling the shareholders that "if the Company is not well managed it is your own fault." Yet when the shareholders appealed to them as arbitrators to aid them in correcting the management, such aid was closed against them.

'Most strange of all, in spite of all this, on the 15th of August following, a statement was published in the *Commercial World*, in London, saying, "the arbitrators have not been called upon in any single instance to exercise their functions"—a statement the most opposite to truth.

'In a conversation (one anything but courted) with the chairman of the Liverpool committee, Dr. Langley admitted that the Earl of Shaftesbury and himself had together gone over the papers and documents sent up for arbitration, and settled the matter between themselves; which, *if true*, is a strange kind of settlement, but this is all that is known of it.'

Some very severe correspondence passed between Mr. Swindlehurst, Dr. Langley, and the Liverpool people; and as no settlement of the dispute could be arrived at, offers were made to the shareholders to re-purchase their shares at half-price, but this being refused, eventually the whole of the shares were re-purchased at their full value. The transaction was completed by a deputation from Liverpool visiting London upon the day on which the *soirée* was held, April 23rd, 1873, and insisting upon an immediate settlement. About the same time, the 'industrial' shareholders of Huddersfield were also bought out. Of course, the arbitrators may have had good grounds for declining to interfere in this case, which appears to have been a strong one, or otherwise it is not likely the shareholders would have been bought out.

Mr. John Royle Martin, son of the Manchester agent, was appointed agent for Liverpool, when the differences with Mr. Tyson cropped up; and Mr. W. H. Martin, another son, became the agent for Birmingham.

II.—MORE AMBITIOUS WORK.

THE tentative experiments described above resulting in a fair measure of success, the directors determined to experiment on a much larger scale; and to enable them to do so, an extraordinary general meeting of the shareholders was convened on the 22nd of July, 1872, for the purpose of increasing the nominal capital of the Company from £250,000 to £1,000,000.

THE PURCHASE OF THE SHAFTESBURY PARK ESTATE— LAYING THE FOUNDATION STONE.

A building estate, near Battersea Rise, forty acres in extent, was purchased at a cost to the Company of £28,000; and on Saturday,

August 3rd, the memorial stone of the first houses erected was laid by the Earl of Shaftesbury. A large assemblage of persons was drawn together, and letters of apology were read by Mr. Swindlehurst from the Marquis of Salisbury, Sir W. Trevelyan, and other influential shareholders.

The *Times* of August 5th, 1872, stated that :

'A new station on the London, Chatham and Dover Railway forms part of the architect's design for the future buildings, so as to afford to the inhabitants of the projected "city" all necessary facilities for going to and returning from their labour. The houses are to be thoroughly drained, constructed on sound principles and with good materials, and well supplied with water. Ample school accommodation will be provided, and a hall for lectures or public meetings will be built. As shown in the lithographed plan exhibited on Saturday, the recreation ground is laid out much after the fashion of a flower-garden.'

Mr. Walton (chairman of the Company) addressed a few words to the meeting explanatory of the objects of the society, after which the stone was laid by Lord Shaftesbury, who performed the ceremony in a way that showed him to be thoroughly acquainted with all its details. He then delivered an address, in the course of which he said :

'They had founded that day a workmen's city—(hear, and applause)—and had founded it upon the very best principle—upon the great principle of independence. By independence, he meant without any other assistance than that which every man had a right to receive from his fellow-man—sympathy and kind aid—and that was what every man, either great or small, stood in need of from another. (Hear, hear.) Most heartily did he say for himself, and also in the names of hundreds and thousands of their fellow-men, that the blessing of Almighty God would rest upon the good work which they had inaugurated that day.'

The press gave extensive notices of the ceremony, and these brought the Company into great prominence.

THE FIFTH ANNUAL MEETING.

The directors in their annual report presented to the shareholders on the 15th of February, 1873, state that the share capital had been increased during the year from £18,580 (at the end of 1871) to £52,078, and that the money on deposit was £13,689. A dividend of 6 per cent. was declared.

The report states that :

'The past year marks an epoch in the history of the Company, as during that period an estate of forty acres, situated at Wandsworth Road, has been purchased for the purpose of forming the "*Workman's City*," as the Earl of Shaftesbury so appropriately called it when laying the foundation stone last August. As a slight recognition of his lordship's noble character, and of the interest he has continually taken in the progress of the Company, the estate has been called the Shaftesbury Park Estate. It is proposed to erect on the estate 1,200 houses, erected respectively for clerks, artisans and labourers, in addition to a lecture hall, co-operative stores, school-room, baths, wash-houses, etc. A reservation of three acres is allotted for recreation and pleasure grounds. The estate has been purchased for the very reasonable sum of £28,000, which is below its actual market value.'

At the meeting, the president, Dean Stanley, and the arbitrators were re-elected, as also were the retiring directors, Dr. Langley and Mr. Ruffell. The election of Mr. J. T. Hoskins by the directors to a seat at the board was confirmed.

THE SOIRÉE, APRIL, 1873.

The annual *soirée* was held at the Westminster Palace Hotel on the 23rd of April, when the Earl of Shaftesbury presided. Mr. Swindlehurst stated that in four months' time there would be on the Shaftesbury Park Estate not less than 400 working men's houses. The Company would require £230,000 to complete the building operations, and he believed they would get that sum, for money was pouring in at the rate of very nearly £1,000 per day. On another estate of the Company there were 630 persons living, and there was not a house to let, nor did the arrears exceed £5.





THE RIGHT HON. THE EARL OF SHAFTESBURY, K. G.

THE RIGHT HON. THE EARL OF SHAFTESBURY, K.G.

IN 1801 was born in London Anthony Ashley Cooper, the seventh Earl of Shaftesbury, who, after seventy-eight years, is one of the most active philanthropists of the day. Educated at Oxford, where he was first class in classics, in 1822, he took the M.A. degree in 1832, and D.C.L. in 1841. As Lord Ashley he was elected M.P. for Woodstock in 1826, and he remained a member of the House of Commons till 1851; ceasing to represent Woodstock in 1830, he was elected for Dorchester in the same year, and in the following year he was chosen as member for the County of Dorset. From 1847 to 1851 he sat as member for Bath.

The name of Ashley was one of the most prominent during the years immediately before and after the passing of the great Reform Bill of 1832; and throughout his long life Earl Shaftesbury has been an active public man, whether in the House of Commons, in the House of Lords, in the schoolroom or the lecture-hall, he has always set himself to help forward some movement for reform, for the relief of distress, or for the promotion of some principle he held in esteem.

Though an ardent theologian, his life has been an eminently practical one. His personal influence has been extended to the very lowest of our population, not so much by the charity of giving as by the charity of feeling. Too many people imagine that distress and poverty are to be helped only by almsgiving. Lord Shaftesbury never fell into this mistake. He has urged upon all the necessity for self-help, and has, by the encouragement of his personal influence, given that feeling of confidence to hundreds of the struggling poor that has enabled them to rise from their bed of misery and walk. The secret of his influence for good is to be found in the fact of his intermingling with those he desires to raise in the social scale. Not by the *gifts* of charity will the people of England be raised from the slough of despond in which, alas, so many continue to drag out their miserable existence. Only the *acts* of charity will do this. Personal association is the basis of all social progress, and when the example of Lord Shaftesbury in this respect is more widely followed, so will poverty and crime be proportionately decreased.

The boys of the Shoeblack Brigade look to Lord Shaftesbury as to a friend, as they might to an elder brother who had been successful in life, and was able and pleased to help them onward. Since the time of the Anti-Corn-Law League, what a mighty power for good has been created in this country in the great societies and associations in which all sorts and conditions of men are formed together for the promotion of philanthropic objects! This great power Lord Shaftesbury was one of the first to recognise. He was President of the Social Science Congress at Bradford in 1859, and again at Manchester in 1866. The name of Shaftesbury is a household word in his native land, he is known and honoured in every foreign country, and we are sure that our readers will value the excellent portrait we are this week able to place before them.

CONSCIOUSNESS OF DEFECTS.

'He that has a great nose thinks everybody is speaking of it.'

ARTIZANS' DWELLINGS COMPANY, continued from page 88.

The Company had been able to provide for a rent of 5s. 6d. a class of house for which 8s. was paid elsewhere, and even then the profit to the Company was 9 per cent. Dr. Langley, the Hon. Dudley Fortescue, M.P., and other gentlemen having addressed the meeting, the proceedings closed with a vote of thanks to Lord Shaftesbury.

THE FORMAL OPENING OF THE SHAFTESBURY PARK ESTATE.

SPEECHES OF THE EARL OF SHAFTESBURY AND THE HON. EVELYN ASHLEY.

November 3rd, 1873, was a grand day at the estate. About 350 houses were then in a habitable condition, the greater portion of which were occupied. At the entrance from the Wandsworth Road a triumphal arch bore the inscription, 'WELCOME TO THE SHAFTESBURY PARK ESTATE,' and the new tenants rivalled each other in the display of flags and bunting with which to welcome the distinguished friend of the people in general, and of the Artizans' Company in particular—the EARL OF SHAFTESBURY—by whom the estate was to be formally opened.

The noble earl, who made an inspection of the houses, was accompanied by his son, the Hon. Evelyn Ashley, Lady Hamilton, Sir Peter Spokes, and a large gathering of the officials and friends of the Company. A temporary lecture hall, capable of accommodating 800 persons, had been erected and was pressed into service on this auspicious occasion. It was literally crammed with persons attracted to witness the novel experiment, and the proceedings were opened by the presentation to the noble earl of an address from the workmen employed upon the estate, which was read by Mr. Dickenson, clerk of works, and signed by the foremen of the various departments on behalf of the workmen.

The Earl of SHAFTESBURY, who had remained standing throughout the reading of the above address, said, on receiving it from Mr. Dickenson, that he did so with the feelings of the very deepest emotion. Could he possibly be insensible to an expression of kindness, and he might almost use the word gratitude, from warm-hearted men—from free subjects of the British Empire—and from men who had conferred an honour on the country to which they belonged, and who, by the blessing of God, would confer a greater honour still upon themselves and their posterity? There was one expression in the address that he would alter. He was a little jealous, because, so far, he wished it to be known as an honour to himself and his children that it was 40 and not 30 years he had been labouring for the working classes. Perhaps they wished to pay him a compliment by making him appear a younger man than he was—(hear, hear)—but he would tell them he began this work when he was quite a young man, and he trusted he would continue it till he was "gathered to his fathers." (Hear, hear.) Now, he must congratulate the meeting and himself upon what had that day been exhibited. He felt an inexpressible pleasure in having been allowed to be present on that occasion, and to share with them the joy that must pervade all their hearts when they met together to consider what had been done, and to take courage to go forward and believe what had been shown them would be an example to all the working people of this great metropolis. (Hear, hear.) He was filled with astonishment when he saw what had been achieved within very little more than twelve months from the day on which he laid the first stone of the undertaking. Unbounded credit was due to the directors of the society for their talent, zeal, energy, and perseverance; and he must throw in a word of approbation and praise for the admirable manner in which the architect of the buildings had done his work. He had had many difficulties to contend with, not the least of which were the difficulties of the season. Three hundred and fifty buildings were now inhabited by joyous and comfortable families. This was a great undertaking, and one that made him very seriously reflect, because it began to indicate—it was the strongest proof he had ever yet seen of the truth of the proverb—"Where there's a will there's a way." He had himself long had the will to achieve such a result, but he must confess he did not see the way; but the noble, enterprising British workmen had seen a good deal further than himself, and the principles which he (Lord Shaftesbury) had enunciated 40 years ago, the British workman had come forward and re-

duced to practice. Solomon had said there was nothing new under the sun, and no doubt he was perfectly right; but still there were things which were new to us. A great many people in the present day thought that everything they knew for the first time was new; but this was one of the most pernicious errors that ever prevailed. In respect of Europe, of civilised mankind, and even of our brethren on the other side of the Atlantic, this undertaking was new in conception, in building, and in bringing into operation. It was new that there should be a workman's city—founded, reared, regulated, and paid for by working people. He knew perfectly well that there were a variety of arguments against such a scheme; but this was not the time to discuss them. They had now to deal with a great and accomplished fact, and it was for the workmen especially to show how they could falsify the opposition of those who doubted of such enterprises by proving that all the difficulties that beset them could be overcome. No doubt it had been an experiment, but it was one of the greatest importance, and he was satisfied that we should never do anything in this world if we were always afraid of failing. Look boldly forward; let the cause be good, their object right, their principles sound, and their action in conformity with them, and, by God Almighty's help, they would succeed. The experiment they were trying was being tried at a very propitious time. To say nothing of the institution of penny railways, of which they all knew the great value—and they would feel it of greater value hereafter—it was taking place at a time when there was almost a universal admission (there were some extraordinary exceptions, he granted), not only of the necessity, but of the absolute indispensability of providing healthy, happy, secured dwellings for the working people; when there was a universal admission that sanitary appliances were at the very root of the happiness, the health, and the safety of the whole population, from the highest to the very lowest. More especially were they concerned in seeing that these were provided for the working classes, and for this reason—the working classes individually could not take equal and efficient care of themselves. They had not the capital at their command, and, therefore, it could only be done by associations like these, and by the aid and co-operation of those to whom God had given property and leisure. He was delighted and happy to see this intercourse of all classes, and that without any sense of debt or obligation on either side, but by the recognition of the great principle that we all stand in need of each other and could not do without each other. We were never so happy as when we acknowledged that principle, and honourably and truly acted upon it. He would repeat that it was more especially necessary in respect of the working man, because he was the basis of the thrift and prosperity of this great empire. It was essential to happiness, honour, security, and progress that the working man should be in full possession of, and, being in full possession, should have full power to exercise, all his great physical and muscular energies. It was necessary because he should be able to do a fair day's work for a fair day's wages—(hear, hear)—that his work might be sound and good—not 'scamped,' as the phrase went, but answerable for the wages paid for it, and in consistency with the character of the British workman. He would say again that it was necessary that the working man should have the full development and exercise of all his mental energies on the work in which he was engaged; in these days especially it was of essential importance, if we desired and hoped to keep our pre-eminence among the nations in all our industrial projects. He must also, and this was the greatest of all requirements, have full power of developing and maintaining his great moral qualities. Could there be a secure nation with an immoral people? Could there be a nation in danger with a moral people? No. He maintained that morality was the basis of all security, of all permanent prosperity, and it was for that reason he desired that the working man should have the full exercise of his moral powers in the advancement of the honour and securing the permanency of the great empire to which he belonged. Happy, healthy, cleanly homes were the basis of all morality and prosperity, and the security of mental and physical strength. If they doubted this, let them perambulate London, and also read the reports that were constantly published of the miserable state in which some of the districts were. There were many cases where a young married man, full of health and strength, came up from the country to work, and was obliged to take some wretched residence near his employment, but from its unhealthy condition lost his life, and left his wife and family a burden upon the rates. There were hundreds of such instances, but it was unnecessary to narrate them, as he was speaking to men who knew it well. This workman's city, he trusted, would be the beginning of a series of similar ones, where all exigencies were provided for by drainage, water supply, and gas. But what was as necessary as anything else, was the privacy and

decency which accompanied separate homes. There remained yet one other requirement, and that rested with themselves; this was temperance, and there was no building on the estate for the sale of alcoholic drinks. He need not enlarge on the evils of intemperance, the miseries it brought, financial, intellectual, social, mental; but he would impress upon all the necessity of economy and thrift, particularly in the early years of life. When a man got a family growing up round him he was, perhaps, prevented from saving; but if young men began to save as soon as they got employment, they would find it easy. Savings banks would be established on the estate, and clubs for all kinds of providence. His lordship then showed how the children of sixty ragged schools had, in the course of twelve months, saved as much as £2,000, which, when distress came upon their parents, they were able to draw upon in relief of their necessities. Having stated that a great deal had been done for the working classes of this country, he exhorted his hearers to endeavour to improve the condition of those who were in a lower position than themselves—namely, the labourers. He thought that if the condition of the working classes was improved, some of the difficulties between labour and capital would be solved. Many combinations and strikes had risen among working people from a sense of weakness; but if a man had got his own house, from which nobody could eject him, he would be able to stand forward and maintain his rights. But each side should listen to the other, as no side was exclusively right or exclusively wrong.

After a 'substantial tea' the meeting was addressed by Dr. Langley, Mr. Walton, and Mr. Lowe, directors, and the Hon. EVELYN ASHLEY, the present chairman of the Company, who, in proposing a vote of thanks to 'the Press,' which he did as a shareholder in the Company, said:

'To-day they had had the first instalment of what he believed to be one of the most remarkable cities, not only of this empire, but also of the world. (Hear, hear.) They had, by the establishment of this "Workman's City," presented to the world some very striking novelties. They had taken a very important step in solving some of the most difficult problems of this generation, one of which was the establishment of some sort of equation of happiness between the accumulated wealth of the upper classes and the numerous poor who formed the substratum of our society. (Hear, hear.) If any equation were to be found, it could only be done by efforts such as these. He ventured to say that, give a man a good education and religious feeling, habits of thrift, and a good house of his own, and also a good wife of his own—(cheers)—in short, make him an inhabitant of the Shaftesbury Park Estate—(cheers)—and then strike the balance of the account of happiness between that man and the richest duke in the land, and the balance would be in favour of the inhabitant of this estate. (Hear, hear.) Then there was another problem they had taken a step to solve, viz., the great problem of intemperance. Any one who had had the misfortune of being a candidate for Parliamentary honours knew the difficulty of this subject; but he thought that when next he went before any constituency he should be able to say that the solution of the problem was to be found in the Shaftesbury Park Estate. (Cheers.) They had also shown further that England was still a place where the artisan could live with due respect to himself, without feeling compelled to emigrate—that it was, in fact, under these circumstances, the happiest and best place for him to live in. He ventured further to say that the dividing line between the upper and lower classes would by this movement be narrowed; and he predicted a great future for this country if this work should be continued by earnest workers.' (Cheers.) In conclusion, reverting to the resolution, he enlarged on the great benefit which the publicity of the Company's movements had conferred on this undertaking.

In returning thanks for a complimentary vote of thanks, Lord Shaftesbury expressed himself as being most gratified by the proceedings; but thought they must be still more gratifying to Mr. Swindlehurst, who had borne the heat and burden of the day.

The *Times* of the 14th of November gave a descriptive account of the estate, occupying some three columns; and most of the leading papers gave notices of the proceedings. The rents of the various classes of houses were stated to be: 4th class, 5s. 6d.; 3rd class, 6s. 6d.; 2nd class, 7s. 6d.; 1st class, 9s. 6d. The 4th class houses were sold at £150 each, subject to an annual ground rent of £2 12s.

SEVENTH ANNUAL REPORT AND MEETING.

On Saturday, the 14th of March, 1874, the seventh annual meeting of the Company was held at 1, Great College Street. The report stated that £60,117 had been received during the year on account of shares, increasing the share capital to £112,196. The Shaftesbury Park Estate was very fully referred to, it being stated that the rent did not exceed 1s. 3d. per room per week, while the purchasers of houses paid only 1s. 8d. per week to secure the house as their own in fourteen years. Mr. Marr, surveyor, reported that 237 houses and shops were erected and nearly all inhabited; and that the whole of them had been agreed to be sold, subject to ground-rents amounting to £787 11s. per annum. He valued the estate at £130,922, but the directors discounted their valuation to the extent of £12,000.

Dr. LANGLEY, in moving the report, read the following letter from Lord Shaftesbury:

‘I have read the report with the deepest interest. It sets out hopes for the welfare of the working people and the real prosperity and safety of the country, far beyond nineteen-twentieths of the speculations that are engaging the attention of commercial men. The whole thing has now such a business-like air, that it cannot fail to obtain the public confidence. And last, though not least, a dividend of six per cent., a *bona-fide* dividend out of profits, is an argument so urgent, that it will bring even philanthropy into repute. I am sorry that I cannot attend your meeting to-morrow, as I have much on hand. I hastily wish you well.’

A dividend of six per cent. was declared, the retiring directors and auditors re-elected. Amongst those who addressed the meeting were the Hon. Dudley Fortescue, Mr. Walton, Mr. Lowe, Mr. Marr, Mr. Pearce, Mr. Wooster, and Mr. Swindlehurst.

OPENING OF THE SOUTH-WESTERN PORTION OF THE
SHAFTESBURY PARK ESTATE.

(*Speeches of EARLS BEACONSFIELD, SHAFTESBURY, and GRANVILLE, and the HON. EVELYN ASHLEY.*)

The opening of this portion of the estate on the 18th of July, 1874, was the occasion of the attendance of a large gathering of the friends of the Company, attracted largely, no doubt, by the distinguished and influential noblemen and gentlemen who were expected to take part in the proceedings.

After inspecting a number of houses, about half-past four the distinguished company repaired to an inclosure, where a meeting was held, LORD SHAFTESBURY presiding. The Prime Minister, Earl Granville, the Hon. Evelyn Ashley, M.P., the Hon. Charles Ashley, Mr. T. Hughes, Mr. Hepworth Dixon, Dr. Baxter Langley, Colonel Henderson, Sir Wilfrid Lawson, M.P., Mr. Hodgson Pratt, and other gentlemen being among the visitors.

DR. BAXTER LANGLEY announced that he had received letters of apology for their inability to attend from the Marquis of Exeter, Lord Brabazon, the Bishops of Carlisle, Salisbury, and Worcester, the Baroness Burdett-Coutts, etc.

The EARL OF SHAFTESBURY, who was loudly cheered, said, in opening the proceedings, that he felt gratified in being able to tell them that the new township with which his name was connected had been built in a little over twelve months. In 1872, when he saw the place first, it was a complete waste, and now it was a well-regulated little town. After briefly touching upon the projected operations of the company, his lordship said that it was a remarkable and congratulatory fact that in this township of 1,200 houses and 8,000 inhabitants they would not have a single public-house; and he was glad to be reminded of the fact that there would not be a pawnshop either. He trusted he should never see the time when the inhabitants of the estate would need a pawnshop. He had every reason to believe that the sanitary arrangements of the houses were all that could be desired, and he hoped that that important consideration would never be lost sight of. They had day schools, Sunday-schools, penny banks, a post-office, and he was glad to see a Band of Hope. And all this had been done quietly and most harmoniously, and by-and-by many of them would be the owners of their several houses. The demand for these houses had been so great that there were still

nearly 2,000 applicants for them, and fresh applications were coming in every day. The success of the scheme could best be judged by the dividends which the Company had been able to pay. They were aware that the estates of the Company were not confined to London. They owned estates in Liverpool, Manchester, and Birmingham, on the same model as this. For the first three years they were able to pay 7½ per cent. dividend. They now, at the request of the shareholders themselves, paid only 6 per cent. dividend. By means of this success they had been able to purchase another estate at Harrow-road of 74 acres, by which 14,000 working-people would be accommodated. The cost of these two estates would be not much under £1,000,000. This showed what the working-classes could do if they wished. He found that the wages of the working-classes of England could not be less than £400,000,000 a year. At least one quarter of that was spent upon deleterious commodities, or, at all events, upon things that man could very well do without. Honest thrift was that which would make the working-classes independent and self-reliant in adversity, and powerful, orderly, and loyal in prosperity. Though he felt satisfied all this advice was unnecessary to the inhabitants of the Shaftesbury Park Estate, still he would urge the wisdom of every one of them endeavouring to be of sound mind and of sound body. With the possession of these two things, and a good sound house, he believed they and theirs might very well manage to be happy.

LORD BEACONSFIELD (then *Mr. Disraeli*) said: ‘I am most gratified at having the opportunity of expressing my sympathy with you for all that you have done, but I can assure you that at this moment what I feel is stronger than sympathy. I am surprised at what you have done. I have never in my life been more astonished than by what I have unexpectedly witnessed—to see this city, as it were, rising in the desert. The experiment which you have made is successful, and therefore can hardly be called an experiment, but in its success is involved the triumph of moral efforts for the alleviation of the great body of the people. I have always thought the best security for civilisation is in the dwellings of the people, and upon becoming and appropriate dwellings more than anything else depends the improvement of mankind. It is the real nursery of all domestic virtues, and without a becoming home the exercise of those virtues is impossible. I cannot doubt that this great improvement will spread. I view it myself with great interest, because it is a subject at this moment which engages and occupies the attention of Parliament. You have in a certain degree, it may be said, solved the question which perplexes Parliaments; and from what you have done, from what I have seen here to-day, and from what I shall learn more of in a short time from information that has been promised me, I see the possibility of your attaining results which may guide the councils of the country in that enterprise which, I believe, is impending over this country, of, on a great scale, attempting to improve the dwellings of the great body of the people. It must be to Lord Shaftesbury a subject of great delight to witness these results of his efforts. He has devoted his existence to the noblest of all causes—to improve the great body of his countrymen. He is attempting to accomplish that result by many means and in many manners. Sometimes I have myself, but in a very humble manner, attempted to support him. But I am sure that throughout his life—memorable now for its great exertions, which never can be forgotten by this nation—he has accomplished nothing which hereafter will be to him the source of purer and nobler gratification than the conviction that by his energy and exertions in this matter he has established in this country a movement which can no longer be repressed, and which will end, I am confident, in the great improvement of the people, and in the amelioration of their condition.’ (Loud applause.)

EARL GRANVILLE, who was loudly cheered, said: ‘Ladies and Gentlemen, I should prefer to say “My friends,” but it appears to me that that phrase was used so properly and justly by the noble earl at my side, that there is something of presumption in any one else, however friendly his feelings may be, using the appellation. Now, with regard to my making a speech, I heard Lord Shaftesbury deprecate the system to-day, and one of the most distinguished orators of the House of Lords told me that before he tried there he asked the advice of one who had already achieved great success. The advice given was, “Whatever you do, not only don’t talk of that which you don’t know, but don’t talk of that which those whom you address suppose you don’t know.” I admit, and with great shame and regret, that up to a very few hours ago I knew very little about Shaftesbury Park. It is only a few hours ago that Lord Shaftesbury asked me to come here, as I understood him, to see some of the houses in this estate. I certainly was anxious and curious to see the houses, as this is a matter in which I always felt the greatest interest. My own interests

being connected with commerce and the working classes, I was anxious to see the practical illustration of those things of which the noble earl has talked so eloquently in another place. I listened with the greatest interest to-day to what he said. After he had said a few eloquent words, he apologised to you for being obliged to inflict the dry and disagreeable business of the association upon you. I own my heart sank within me. I thought he was going to tell of hopes departed and expectations which had failed, and, above all, of finances in that state that it was necessary to carry the hat round. (Laughter.) But I must say that of all the melancholy tales I ever heard, this was the least melancholy. I believe you could not find a society of exalted speculators in the hottest part of the City of London that would not be cheered by the statement presented. I heartily congratulate you on the success of your undertaking.

The CHAIRMAN then called upon a 'young man,' and an old friend of those present, and his son, to address the meeting.

The Hon. EVELYN ASHLEY, M.P., spoke as follows: 'Ladies and gentlemen—A late Archbishop of Dublin defined as the test of a good sermon that a man should preach not as though he had to say something, but as though he had something to say—(laughter)—and I am sure, therefore, that I shall not be giving you in these few words I am going to say a good speech, for I really am addressing you because I have been told to say something, and not because I have something to say. (Renewed laughter and cheers.) I have nothing to say, simply for this reason, after the exhaustive speeches we have heard to-day there is nothing left to say. We heard from the Prime Minister a speech pregnant, as every one of his speeches always is, with much matter to think upon, and the point I want to draw your attention to in his speech is that where he told you that he considered the dwelling-house is the type of civilisation. (Hear, hear.) There is nothing truer than that, for even in tropical countries, where dwellings are not so much required to protect from the climate, still as the population increase in self-respect and in morality and knowledge, they improve their dwellings, and fit them for the occupation of responsible human beings. If you want to maintain civilisation in this country, and promote it to the confines of humanity all over the world, you will persevere in this work of extending among the lower orders of our population decent and habitable dwellings. An old English proverb, and a very favourite one, "Every man's house is his castle," is an appropriate proverb to remember on an occasion of this sort, when we have been inspecting a number of castles—castles not defended by ramparts and guns, but defended by the thrift, and the order, and the honesty of the persons inhabiting them, and, therefore, substantial castles. (Cheers.) I think you will agree with me they are not castles in Spain nor castles in the air, but castles which are a credit to the builders, castles which are valuable, and castles which I hope their occupants will do credit to, as they add credit to the occupants. I only inform you of this, and do it in an official position, because I am informed I am elected a member of your board, and I want to point out that there is, in this estate, a good investment, that this company's tables and financial condition have been submitted to the inspection of a competent actuary, and the report of that actuary can be obtained by anybody who applies for it. And in it the actuary says that the business has been conducted on right principles, and that if the interests of the company are cared for by those who have the charge of it, it must continue to be a substantial and successful undertaking.' (Applause.)

Mr. Hepworth Dixon and Dr. Langley addressed the meeting, and after an interval for refreshments, prizes for the cultivation of flowers were distributed to successful competitors.

The report of this gathering brought the Company more prominently to the front than any previous efforts had done; and swelled the share-list to such an extent, that for some time funds literally rolled into the treasury of the Company.

(To be continued.)

A LETTER.

Friends	Sir	friends
stand	your	disposition
I	bearing	
a man		world
is		whilst the
contempt	ridicule	
	are	
	ambitious.	

THE EXPLANATION.

SIR, between friends, I understand your overbearing disposition; a man, even with the world, is above contempt, whilst the ambitious are below ridicule.

HYGIENE.

THE SANITARY CONDITION OF WEYMOUTH.

PROFESSOR W. H. CORFIELD having recently been appointed by the Corporation of Weymouth to report on the sanitary condition of the borough and harbour, the report came before a meeting of the Corporation last week. The report, which was an exhaustive one, strongly expressed the opinion that the sewage of the town ought no longer to be taken into the backwater or harbour, but should be taken out direct to the sea.

Professor Corfield's report was supported by many of the local medical men, and the result has been the passing of the following resolution by the Corporation:

'Resolved, that Professor Corfield having, amongst other things, been asked, by order of this authority, "What suggestions can be made by way of remedying the offensive smells complained of," this authority do adopt the words of the reply thereto, viz., "To direct the sewage entirely from the backwater and harbour," and that the authority do instruct the town clerk to call a meeting of the whole Urban Sanitary Authority of this borough on one day of the ensuing week, and from week to week, if necessary, to consider and settle means for arriving at a scheme to carry the same reply or suggestion into effect.'—*Southern Times*.

THE PARKES MUSEUM OF HYGIENE.

SINCE the commencement of the present year the contents of the Museum have increased considerably, and it is expected that it will be ready for opening to the public by the end of April. The additions include drawings of the Peabody Dwellings for the Poor, presented by the architect, Mr. H. A. Darbishire, and a number of designs for cottages, villas, etc., by Mr. Norman Shaw, R.A., given by Mr. W. H. Lascelles. The collection of sanitary appliances now includes Messrs. Verity's new ventilators, as fixed in the Reform Club, to work which water is used as a motive power by means of a small jet direct from the fire-main. One of Benham's ventilating globe lights has been fixed in the Museum, with section of joists, floor, and ceiling, showing every detail of construction. Specimens of many other means of ventilation are also to be seen, including the several patent contrivances by Messrs. Tonks and Sons, of Birmingham. The library now consists of upwards of 400 volumes, exclusive of pamphlets.

Pending the opening of the Museum to the public, tickets of admission may be had on written application to the curator, Mr. Mark H. Judge, University College, Gower Street.—*Builder*, Feb. 22nd.

LIGHT.

I HAVE said in previous writings that such a thing, or such another thing, is a cause of languid and fretful feelings, or prevents people from being healthy, etc.; but I must again say that no man or woman can live away from the light, and be healthy or happy. Light and happiness go together; the Psalmist evidently thought so when he said, 'Light is sown for the righteous, and gladness for the upright in heart.'

Everything that makes us innocently happy, helps to make us healthy; our bodies and minds have a great effect on one another. A happy spirit helps very much in making us strong, active and healthy, and a healthy body helps very much in making us cheerful and good-natured.

No one can deny that light makes us feel cheerful: most persons feel in better spirits on a bright sunny day than they do on a dull or wet one. You will soon put an end to the merry song of your canary bird if you place him in a dark corner, or cover his cage with a handkerchief—he does not feel so cheerful in the dark.

A light room, besides being essential to health, saves a little cash. The Rev. F. Wagstaff says, in an article on 'Economy,' in *House and Home* (see No. 6, page 72), 'Light rooms are essential to health, and care should be taken to avoid too much shade from overhanging trees and shrubs. A sitting-room darkened from without, or made dull by a heavy paper, or imperfectly lighted by windows, will necessitate the lighting of lamps at least a quarter of an hour earlier for two hundred nights of the year. In other words, a light room will save the cost of fifty hours' consumption of oil, gas, or candles.'

Never shut out the blessed light, but encourage as much as possible the sun's rays to enter your rooms, and by no means let it be prevented by screen, blind, or dirty windows.

It is impossible for us to possess health without we constantly have the presence of these seven great physicians, viz., pure air, pure food, warmth, light, cleanliness, exercise, and rest; if we took more care to see that we had the presence of each of them daily, we should very seldom require the aid of an eighth one.

R. SHIPMAN.

MAIZE.—No. 2.

HOMINY, or very coarse ground Indian corn or maize, may be prepared the same as rice. Half-a-pound of either over a brisk fire in a pint and a half of water, for ten or fifteen minutes, will absorb all the water; take off the fire and place near for about ten minutes; sugar may be added, or eaten with fruit stewed, or as jam. Turned out into a tin shape, as a blanc mange, it is considerably more nutritious than the starchy 'corn flour' of commerce, which is often so treated by housewives, or given in some other form to children; corn-flour, like white bread, only consisting of the innermost, most starchy and innutritious portion of the grain, whereas the entire grain of maize may be likened to the whole meal of wheat, hence the superiority of whole-meal bread, more or less coarse, over white. Maize ought truly to be the cheapest of foods, cheaper by two thirds than rice, and a valuable addition to our food supply, since maize contains about the same proportion of flesh-formers as wheat, viz., 22 per cent., whereas rice is only tabulated with 8 per cent. In the Western States of America, for want of carriage, it has been burnt for fuel. The dried leaves of the cane-like stem make excellent fodder for cattle in winter, as generally used in the Southern States and elsewhere; and the cobs, even when green, are delicious when cooked, the seeds being very tender. This latter-product, in tins, for sale, may be met with in London. An error has crept into the article on this subject in the number of March 8th. Referring to hoe-cake, it should have been: 'the latter being literally a cake baked in the open (open air) on a hoe.'

A batter was made of the meal, a few faggots lit in the corner of a field, and, by the aid of an old hoe, a nigger would bake or roast his cake.

C. DELOLME.

CORRESPONDENCE.

'Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.'—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

HOW TO CHEAT THE DOCTOR.

'TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,

I am quite aware that allusions to, and also good advice have been given in lectures and in various ways regarding water-supply and its impurities. As water is the most essential element in our houses and homes, and as I still see invariably in my visits most glaring causes of the impurity of water in our homes, I am led, through your columns, to lay before all who have houses, or who lodge in houses, to see for themselves, whilst I point out the remedy as plainly as I can. Go now, get a ladder, and go straight to your cistern or cisterns: you will see in one corner an open tube or pipe sticking up (a little below the level of the lid of the cistern). This is what is called the overflow-pipe. Good. Pour into this tube a can of water, and ascertain where that water goes; in nine cases out of ten it will go into the water-closet pipe or into the nearest drain, having been conducted very carefully there by your careless or perhaps ignorant builder. Mark the consequence of this. That pipe, in three hundred and sixty-four days out of the year, is empty; yet it is an actual necessity, and must be there for preventing flooding of the place, should the supply-tap get out of order. Being always empty, then, it becomes a first-rate and continuous conductor for noxious gas from the drains or closet to the surface of the water in your cistern, where it is rapidly absorbed (nothing absorbs gas so quickly as water), and so you get typhoid fever. Do not then rest till you see that water yourself come out of that pipe you poured it into, and manage its exit into the open air (on the leads perhaps) and away from the vicinity of any grating or drain, and now carefully seal up the end from the drain where it was cut away. Having done this with the waste-pipe of your cistern, go and do likewise with the waste-pipes of your sculleries and bath-room. With the latter, I myself conduct mine to a barrel or tank, to which a hose is attached for watering my garden. All this will cost very little; and being most essential to the health of your family, you will so save your doctor's bill.

Yours faithfully,

RADIX.

THERE'S SOMETHING STILL WORTH LIVING FOR.

THERE'S something still worth living for
In this proud world of ours,
Though swift its brightest lights depart,
And fleetly fade its flowers:
We've much to bear of grief and care,
But let us not forget,
The sun of Hope and Love will shine
'Mid sorrow and regret.

There's something still worth living for,
If friendship hath not fled,
If Love still in the bosom glows,
And Feeling be not dead;
While these around our homes entwine
We've many a joy to bless,
And many a star to cheer us on
In darkness and distress.

There's something still worth living for,
Though falsehood and deceit
In those whom we have truly loved
Sometimes, perchance, we meet;
But let us nobly bear the worst
We feel of care or pain,
For after sorrow cometh joy,
Like sunshine after rain.

EDWARD MARSH HEAVISIDES.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

In 1752 was living at Clee Hall, near Ludlow, in Salop, Lady Wadely, at the great age of 105. She had been blind for several years, but at that time could see remarkably well. She was then walking about in perfect health, and cutting a new set of teeth.—*Gentleman's Magazine*.

Cling to thy home! If there the meanest shed
Yield thee a hearth and shelter for thine head,
And some poor plot, with vegetables stored,
Be all that pride allots thee for thy board,
Unsavory bread, and herbs that scatter'd grow
Wild on the river's brink or mountain's brow,
Yet 'en the cheerless mansion shall provide
More heart's repose than all the world beside.

Leonidas of Tarentum.

Talk to a blind man—he knows he wants the sense of sight, and willingly makes the proper allowances. But there are certain internal senses, which a man may want, and yet be wholly ignorant that he wants them. It is most unpleasant to converse with such persons on subjects of taste, philosophy, or religion. Of course, there is no reasoning with them: for they do not possess the facts on which the reasoning must be grounded. Nothing is possible but a naked dissent, which implies a sort of unsocial contempt; or what a man of kind disposition is very likely to fall into, a heartless tacit acquiescence, which borders nearly on duplicity.—*Coleridge*.

A talkative fellow is like an unbraced drum, which beats a wise man out of his wits. Surely nature did not guard the tongue with the double fence of teeth and lips, but that she meant it should not move too nimbly. I like in Isocrates, when of a scholar full of words he asked a double fee: one to learn him to speak well, another to teach him to hold his peace.—*Owen Felltham*.

'A thing of beauty is a joy for ever:
Its loveliness increases; it will never
Pass into nothingness; but still will keep
A bower quiet for us, and a sleep
Full of sweet dreams, and health, and quiet breathing;
Therefore, on every morrow are we wreathing
A flowery band to bind us to the earth,
Spite of despondence, of th' inhuman dearth
Of noble natures, of the gloomy days,
Of all the unhealthy and o'er-darken'd ways
Made for our searching: yes, in spite of all,
Some shape of beauty moves away the pall
From our dark spirits. Such the sun, the moon,
Trees old and young, sprouting a shady boon
For simple sheep; and such are daffodils,
With the green world they live on; and clear rills
That for themselves a cooling covert make
'Gainst the hot season; and mid-forest brake,
Rich with a sprinkling of fair musk-rose blooms:
And such, too, is the grandeur of the dooms
We have imagined for the mighty dead;
All lovely tales that we have heard or read:
An endless fountain of immortal drink,
Pouring unto us from the heavens' brink.'

Keats.

An old farmer, who lived by the Hampshire hills, once observed, when talking about the corruption and degeneracy of the times, that it was the fine words and the flattery of men to the farmers' wives that had done all the mischief. 'For,' said he, 'when it was *dame* and *porridge*, 'twas real good times; when 'twas *mistress* and *broth*, 'twas worse a good deal; but when it came to be *ma'am* and *soup*, 'twas very bad.—*Old Newspaper*.

Mr. Tefft, an American collector, received some of his most curious specimens gratuitously from friends in Great Britain, although, as might be expected in a very artificial state of society, they would often command con-

siderable prices in that country. The poet Campbell raised forty-five guineas for the Poles by autographs; and visiting a lady who had notes from distinguished people on her table, he advised her to conceal them, or they would be stolen. Brougham's autograph was valued at five guineas.—*A Week among Autographs, by the Rev. S. Gilman*.

The priest and the prophet have erred through strong drink. They are swallowed up of wine. They are out of the way through strong drink.—*Isaiah*.

The star seen by Anshelm in 1760 was of the third magnitude; it passed through great fluctuations of light for two years, and then became invisible. There are, moreover, lost stars, whose places are now vacant, though some of them have been recently observed. When we look at these strange fluctuations, we may suppose that something like combustion has taken place, or that the power of giving light by those stars has been suspended. In reviewing these facts, it appears difficult not to conclude that here was a world whose destiny was, for the time being, completed, and the fitful glare of whose funeral pile, shooting across the vast distance which separates us, came with undiminished velocity to tell us the tale that it *once was*.—*Professor Alexander*.

If thou expect death as a friend, prepare to entertain it; if thou expect death as an enemy, prepare to overcome it; death has no advantage but when it comes as a stranger.—*Quarles*.

In wonder all philosophy begins; in wonder it ends; and admiration fills up the interspace. But the first wonder is the offspring of ignorance, the last is the parent of adoration.—*Coleridge*.

GOUT.—According to a Belgian doctor, gout may be simply and thoroughly treated by electricity or electric baths.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

**** Only approved advertisements will be inserted.**

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MARCH 22nd, 1879.

* We must again apologise to our general readers for occupying so much space this week in narrating the history of the Artizans' Company; but we have been requested to give the information more rapidly, and as a great number of our readers are interested either as shareholders or tenants in the Company, we comply with the request, and hope to finish the subject in a week or two.]

ART AND THE HOMES OF THE PEOPLE.

BY MARK H. JUDGE.

The following is from a paper by Mr. Judge on the question, 'How can Art be best introduced into the houses of persons of limited income?' which was read at the Social Science Congress, under the presidency of Lord Ronald Leveson-Gower.

AMONG those evidences which will most conspicuously mark the advance of civilisation in the nineteenth century, future history may justly record an increasing love and reverence for art.

The introduction of art into the homes of this country is necessary for the future progress of the community, for sooner or later it must come to be acknowledged that the influence of art is as requisite for the development of the mind as food and raiment are for the sustenance of the body. The costliness of art limited its patronage chiefly to the wealthier classes till the people in their corporate capacity established museums and art-galleries, and thus, by co-operation, brought nearer to themselves the advantages of the workmanship, design, and execution necessary to the production of art-work. The establishment of these institutions has done much towards increasing the demand for art-work, but there must be a far wider diffusion of artistic knowledge before the love of art can be said to be national, and there must be introduced easier opportunities for its cultivation than are at present afforded to the people of this country, in whom a love of gaudy grandeur is too often unfortunately the sole development of any artistic taste that may lie dormant within them, it being a widely-received notion that wealth and luxury, or the semblance of it, fully supply, or, indeed, constitute, art.

The right use and appreciation of public museums and palaces of art has much to do with the advance of art-culture. These institutions are really the only means by which a national love of it can be fostered. It may be that even those who value them as infinite blessings to the community have not thought deeply of the purpose they might and ought to serve. To regard them as mere storehouses of curiosity and rarity, to say nothing of using them as a means of advertising the stock-in-trade of wealthy manufacturers, is altogether to wrongly interpret their functions. These public institutions must come to be regarded in quite a different light to this, before the art-education of this country can be expected to reach the mass of the population.

The national or municipal museum should have a very close

connection with the homes of 'persons of limited income.' As the free library is the larger study of the townsman of the place in which it is situated, so the public art gallery should become the citizen's drawing-room, where, with municipal or national co-operation, wisely directed, he might reap the benefit of social intercourse amid surroundings of beauty and refinement, which could not possibly be gathered in every individual household, where, says an able writer, 'whatever brings the dweller into a finer life, what educates his eye, or ear, or hand, whatever purifies and enlarges him, may well find a place. And yet let him not think that a property in beautiful objects is necessary to his appreciation of them, and seek to turn his house into a museum. Rather let the noble practice of the Greeks find a place in our society, and let the creations of the plastic art be collected with care in galleries by the piety and taste of the people, and yielded as freely as the sunlight to all. Meantime, be it remembered, we are artists ourselves, and competitors, each one, with Phidias and Raphael, in the production of what is graceful or grand. I go to Rome and see on the walls of the Vatican the Transfiguration, painted by Raphael, reckoned the first picture in the world; or in the Sistine Chapel I see the grand sibyls and prophets painted in fresco by Michael Angelo—which have every day now for three hundred years inflamed the imagination and exalted the piety of what vast multitudes of men of all nations! I wish to bring home to my children and my friends copies of these admirable forms, which I can find in the shops of the engravers; but I do not wish the vexation of owning them. I wish to find in my own town a library and museum which is the property of the town, where I can deposit this precious treasure, where I and my children can see it from time to time, and where it has its proper place among hundreds of such donations from other citizens, who have brought thither whatever articles they have judged to be in their nature rather a public than a private property. A collection of this kind, the property of each town, would dignify the town, and we should love and respect our neighbours more. Obviously, it would be easy for every town to discharge this truly municipal duty. Every one of us would gladly contribute his share; and the more gladly the more considerable the institution had become.'

The important part that these institutions might thus be made to take in extending art education ought to lead all to the conclusion that they should be multiplied, that they should even be established in every town and village.

The public museum is something more than a means of education, it is a necessary accompaniment to any state of society that wishes to enjoy art in its highest development. Much of the wealth now lavished in crowding each separate home with ornament might be a great deal better spent in the encouragement of public art, the influence of which would tend to beautify all its surroundings, and thus add to the pleasures of existence. Then, again, this general interest in the public museum—and all museums should be public—would probably relieve many a home of much that is altogether out of place in it; for instance: exhibitions of old china, stuffed animals, and

the like. Thus, by a careful art-economy, when householders ceased to collect a show—for the object of gaining neighbourly envy—of exhibitions of wealth, they might be induced to sacrifice costly material—which is not necessary to art—and prize more highly design and workmanship, which would result in greater care being bestowed on the home, and eventually render the house itself a work of art, not a packing-case in which to pass through life, rarely well constructed enough to last the journey without repeated patchings, and each expense for this purpose adding ugliness to ugliness.

The triumph of art is the transformation of the ugliest into the most beautiful; and where art has not received the requisite nourishment and development to enable this to be achieved, as the uncontrollable result of its workings, no amount of wealth will be able to compensate for the absence, or supply the place of the missing perfection. We may obtain the semblance of art easily enough, and find ourselves unprofited by its influence; but in art, beauty, truth, and goodness never fail to exhibit their clear, shining light. As a fine writer has beautifully said: 'The contemplation of a work of great art draws us into a state of mind which may be called religious. It conspires with all exalted sentiments;' and again, in giving the explanation of the analogies which exist in all the arts, the same writer affirms that, 'They are the reappearance of one mind, working in many materials to many temporary ends. Raphael paints wisdom, Handel sings it, Phidias carves it, Shakespeare writes it, Wren builds it, Washington arms it, Watts mechanises it.' The age which produces the finest art will be at the top of civilisation; therefore only good can be the outcome of inviting and encouraging, by all possible means, the love of art.



SANITARY HOUSE CONSTRUCTION.



HOUSEHOLD SANITARY ARRANGEMENTS.

[Cantor Lecture, No. 4.]

BY PROFESSOR CORFIELD.

IN his fourth Cantor Lecture on 'Dwelling Houses: their Sanitary Construction and Arrangements,' delivered on Monday, the 10th inst., at the Society of Arts, Dr. Corfield took up the subjects of filtration of water and dry systems of removing refuse matters. The process of purification of water by filtration was, he said, until recently misunderstood. For a long time it was thought that water, in passing through a pervious material, was simply mechanically strained to the extent of separating from it the grosser suspended particles. When it was noticed that some of the dissolved matters were eliminated from the filtered water, it was still supposed that these accumulated in the filter, and that they would in time choke it up. The action of a filter was, however, not only to strain the water, but so to subject it, when finely divided, to the action of the air, that organic matters, whether suspended or dissolved, were oxidised by it and changed from putrescible substances to minerals no longer liable to change, and incapable of affecting the health of those drinking them. These facts explained the reasons why filtration, to be thoroughly effective, should be

both downward and intermittent—downward, because then the water descended by its own weight in minute streams, and was less likely to be forced through the porous material *en masse*, driving the air before it; and intermittent, to give time to the filtering substance to re-absorb air in place of that used during the purification of the water. A compensatory advantage of upward filtration was that when it was adopted there was some guarantee that all the water had actually passed through the filter. In illustration of the necessity for sharply looking after all household filters to insure that they were in good order and in use, Professor Corfield mentioned that a London medical man, who was very particular about sanitary matters, suspected that the filtration of his drinking-water was not so thorough as it ought to be. On examining his cisterns, he found that the filter had been carefully adjusted so as to purify the water passing into the servants' water-closets, whereas the domestic supply for drinking purposes was not submitted to the process.

Having explained the principles of filtration by familiar illustrations, and referred to Dr. Frankland's experiments, the lecturer proceeded to describe a number of filters exhibited on the table. In those of the London Water Purifying Company, the water passed upwards from the large cistern through pores in a vase; from thence it passed out at the top through a little cup full of holes, from which it was drawn off into the pipes upon the siphon principle. In these filters all the water used must have passed through the filter, and it would continue in action for an almost indefinite period.

Concerning the silicated carbon filter, the opinion was pronounced that the filtering material was exceedingly good, not being liable to contain living organisms. For filtering purposes both animal and vegetable charcoal were employed. The latter material was very inferior—it not only gave off salts into the water, but was less effective in straining the liquid. Animal charcoal was not always sufficiently burnt; and when any animal substance remained uncalcined in the centre of the cake of charcoal, it became a breeding place for minute red worms. In using charcoal, therefore, it was necessary to see that it was of animal origin, and that it was thoroughly burnt. It ought to be frequently cleansed, and occasionally scraped. Sponge was often used, as it was an exceedingly unalterable substance: but it needed more frequent washing, or, better still, should be replaced at short intervals, as it harboured small worms. In too many filters, much of the water passed over the surface only of the porous material. The best forms of charcoal filter were those in which two blocks were used, the first acting as a strainer. A well-known charcoal filter was Atkins', known as the Admiralty pattern, of which several varieties were shown. In almost all filters the water should be run off every night, to allow of re-aëration. This must not be done with the spongy iron filters of Bischof, in which the material must always be kept under water. By means of diagrams and specimens, the action of these filters was explained, it being shown that the water entered the filter by a ball-cock arrangement, and passed down by a tube to near the bottom of the vase; it then rose through holes in a plate through the spongy iron, and was drawn off at the top. In passing through the iron the water took some of its particles up, and was, therefore, afterwards run through a layer of prepared sand. In order to aërate the water, it was next spurted through a minute hole, falling as spray into a pure-water reservoir. The

principles of action of this filter were not yet clearly understood, but its results were the destruction of organic substances in a different manner to that effected by using either charcoal or sand. In the aërating filter of the Sanitary Engineering and Ventilating Company, the air that passed out of the pure-water chamber rose through the filtering material, and hence there was no need of the tube for the exit of air provided in almost all filters. In this filter, water passed into a loose vase, and through a cake of silicated carbon, being subsequently squirted upon other loose filtering material. The plate supporting this second mass, instead of being flat, as in ordinary filters, was raised in parts, with small holes both in the elevated and depressed portions, so that the air displaced by the water escaped through the higher portions of the plate. For use in a room, the common glass vase containing a cake of charcoal was suitable, as its perfect cleanliness could be seen at a glance. An improvement was a handle to the upper vase, so that when raised it did not drip. A good method for filtering rain-water, for use in country places, was that designed by Professor Rolleston, of Oxford. It was a tank divided into a large and small compartment, with a layer of filtering material passing through both divisions, and resting on a perforated frame. The rain-water was received near the bottom of the smaller compartment, and, rising through the filtering medium, flowed over the diaphragm into the large compartment, where, passing by gravitation through the second filter-bed, it flowed away. The water was thus subjected to both upward and downward filtration. A waste-pipe, to obviate overflow, was an essential to this filter.

The lecturer then passed on to his second topic, the removal of refuse from houses by 'dry systems.' 'Dust' ought to be nothing but what its name imported, household dust and ashes; but, as a fact, all kinds of refuse found their way to the dust-bin, creating much nuisance. All organic refuse from the kitchen ought to be placed on the kitchen-fire at night, when it would help to light the fire in the morning, and would be inoffensive, as everyone could see by experiment. The difficulty of dealing with dust was a growing and an increasingly expensive one. A few years since, when it was largely used for brick-making, it was a valuable product, but now, contractors, instead of offering considerable sums for the privilege of removing it, required payment for taking it away. Thus, at Islington, the contractor a few years since offered £2,200 a year for the dust, and this year the accepted tender cost the parish £4,057. One of the first sanitary laws was that all refuse matter should be removed as speedily as possible, but owing to the expense of carting away a valueless material our dust-bins were emptied as seldom as possible without becoming an absolute nuisance. But he must pass on to speak upon our methods of treating excretal matters in, and their removal from, the house. The very name of these methods, 'conservancy plans,' was self-condemnatory, for the householder's aim should be to get rid of excretal and other refuse as speedily as possible. The first of these methods was by digging pits or cesspools in the adjacent ground, or even under the house, as a receptacle. When these were in fashion, it was thought so much the better if the soil were porous, for then the liquid matter would drain off, and they would need emptying the less often. The inevitable result was, that in loose soils the wells became contaminated, and cholera and typhoid and other fevers prevailed. Opinions changed, and cess-

pools were afterwards made with impervious walls, so that the contents were kept in, a connection being sometimes made with a land-drain or sewer. The last modification was yet largely practised in Paris for the sake of the manure, but the method was exceedingly offensive. In that city the receptacles were emptied by means of air-tight carts, previously exhausted of air and attached to the cesspool to suck up the contents—a practice no one who had observed it in operation would wish introduced into England. In many parts of this country the dust-heap was made the receptacle of all refuse, the liquids being absorbed by the ashes. In some towns these 'middens' were of enormous size, as in Liverpool, and were even suffered to accumulate in the houses. Wherever they existed the mortality, especially amongst children, was very great. The improvements in these dry systems were always twofold, consisting—first, in making the receptacles smaller; and second, in rendering them impervious to water. The first alteration necessitated more frequent cleansing; the second insured that the refuse should be less liable to moisture—one of the essential conditions of decomposition. Cesspools were, as knowledge of sanitary laws increased, reduced to movable receptacles, as in many parts of France, and the liquids were allowed to pass off into drains and the solids removed, as in Cheshire's system. Pails and tubs were placed below the seats of closets, as at Edinburgh, Manchester, and Birmingham. The danger of these plans was that these foul substances were allowed to remain in the house too long. Such receptacles should have a spring lid, with indiarubber edges, to enable it to fit as tightly as possible. Morrell's self-acting cinder-sifting ash-closet (of which a model was shown), had attached above and behind the closet a receptacle for cinders, of which the larger ones were retained in a sieve, and might be re-burnt. The dry-earth system was brought into prominent notice by the Rev. Henry Moule. He pointed out that dry earth formed a perfectly odourless compound with excretal matter, and that it could be used again and again if redried. For large communities, however, the system was perfectly impracticable. There would be considerable difficulty in procuring, in large towns, a sufficient quantity of dry earth; then there would be further difficulty in getting rid of the compost. There was also the peril, the extent of which was yet unknown, that although the substances were deodorised they might not be disinfected, and so might propagate disease. Professor Corfield announced, in closing his address, that in the next two lectures the water carriage systems of removal would be considered.

WHAT SMOKING DOES FOR BOYS.

A CERTAIN doctor, struck with the large number of boys under fifteen years of age whom he observed smoking, was led to inquire into the effect the habit had upon their general health, says the *British Medical Journal*. He took for this purpose thirty-eight boys, aged from nine to fifteen years, and carefully examined them, and in twenty-seven of them he discovered injurious trace of the habit. In twenty-two there were various disorders of the circulation and digestion, palpitation of the heart, and more or less marked taste for strong drink. In twelve there was frequent bleeding of the nose and ten had disturbed sleep, and twelve had slight ulceration of the mucous membrane of the mouth, which disappeared on ceasing from the use of tobacco for some days. Medical treatment was of little use till the smoking was discontinued, when health and strength were soon restored.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

DATE OF ANNUAL MEETING.

The Twelfth Annual Meeting of the Artizans', Labourers', and General Dwellings Company, Limited, will be held at the Westminster Palace Hotel on Friday, March 28th, at 12 o'clock, when the report and balance sheet will be presented to the shareholders for their adoption, and the retiring directors and auditors re-elected. As this Company numbers some 2,500 shareholders, there should be a large attendance at the meeting. If shareholders manifested more interest in the management of public companies than is unfortunately the case, their interests would be much better looked after. When shareholders are less apathetic, directors will be more diligent.

II.—MORE AMBITIOUS WORK.

(THE PAST OPERATIONS OF THE ARTIZANS' COMPANY.—

Continued from page 96.)

THE PURCHASE OF THE QUEEN'S PARK ESTATE.

As stated by Lord Shaftesbury in his speech on July 18th, 1874, the directors purchased, in June, an estate of about 72 acres in extent, for a 'Second Workmen's City,' and announced their intention to develop it on the plan they had adopted at the Shaftesbury Park Estate. The land is situate in the neighbourhood of Kensal Green, and has a considerable frontage in the Harrow Road. It cost the Company £57,512.

The statement issued by the directors, explanatory of their intentions in developing the newly-acquired estate, was given great publicity to by the press. Most of the leading journals commended the scheme. The promoters, having succeeded in interesting so many distinguished noblemen in their operations, determined on bidding for royalty itself, and the new estate was called 'The Queen's Park Estate,' in the hope that Her Majesty would be induced to lay the memorial stone.

As the intentions and promises of the directors were fairly given in the *Times* of September 16th, 1874, we reproduce the paragraph :

'The directors of the Artizans', Labourers', and General Dwellings Company have obtained a site of 80 acres in the west of the metropolis, on which the work of erection of a new city to accommodate no less than 16,000 persons is about to be commenced. The plans have been already drawn up and the roads marked out. This new city will be constructed on the same general principles as those which have been carried out on the Shaftesbury Park Estate, and no stronger evidence of the necessity of the work can be found than the fact that already, when not a single brick has been laid, applications for upwards of 1,000 houses have been made. The scheme has received the approval of the Premier, and, in fact, of all the distinguished personages who take an interest in the progress of the movement for providing suitable homes for the working classes. The share capital of the company, which was £250,000, has all been taken up, and is now increased to £1,000,000. The estate will be called the Queen's Park, and, like Shaftesbury Park Estate, it will be made as attractive as possible. Four out of the 80 acres will be appropriated in the centre to a garden and recreation ground; the roads and streets will be planted throughout their entire length with trees, and special inducements will be offered to the inhabitants to lay out the gardens both front and back in as tasteful a manner as their time and means will permit. These inducements have hardly been found necessary at Shaftesbury Park, for long before the announcement was made that prizes would be offered for the neatest forecourt or best show of flowers, the inhabitants had been vying one with the other in these respects, and during the past summer thousands of persons have visited the estate as much to see the various displays of flowers as to view the

houses. The general style of the architecture in Queen's Park will be the same as that adopted in the estate at Clapham Junction, and there will of course be all the usual accessories to a town with a large population. *The lecture hall and institute will be a large and imposing building, and there will be co-operative stores, coal depot, dairy farm, baths and washhouses, and other buildings. The estate is near the Harrow Road, from which it will be approached, and there is constant communication with the district from various parts of London, both by omnibus and rail. The foundation stone will be laid next month, when the work will be put in progress; but this ceremony will be purely formal, as it is intended to ask Her Majesty to lay the memorial stone early next season.* There is to be no public-house on the property, and, like the estate at Shaftesbury Park, every opportunity will be taken to promote and develop temperance principles. Reading-rooms, discussion-clubs, libraries, and other substitutes for the public-house will be a marked feature.'

INCREASE OF THE CAPITAL TO £1,000,000—OPINIONS OF THE DIRECTORS ON THE QUEEN'S PARK ESTATE.

An extraordinary meeting of shareholders was held at the offices of the Company on October 8th, called for the purpose of increasing the nominal capital of the Company from £250,000 to £1,000,000.

DR. LANGLEY presided, and in moving the resolution, he said :

'The experiment which they had undertaken had not only been financially successful, and had solved a social problem of the highest importance in Great Britain, but it had excited the emulation of persons engaged in similar undertakings throughout the world, and at the present moment they were receiving applications for plans from various parts of Europe, while he was himself in communication with several friends in America with respect to similar undertakings there. The directors always looked upon such enterprises as friendly associations, and were at all times ready to afford them the fullest information as to details. During the past few years they had purchased two new estates, which would require all the energy that could be devoted to them, and he believed that it was the feeling of the board that they should concentrate all their attention on their London properties—the Shaftesbury Park Estate at Battersea, and the Queen's Park Estate in the Harrow Road. For the Shaftesbury Park Estate they would require £100,000 additional capital, and for the Harrow Road Estate £600,000. The estate in the Harrow Road had been bought under the most favourable circumstances, the price being 33 per cent. less than that of the land immediately adjoining it, and which was 50 per cent. of less value than their estate. It had a valuable frontage on the main road, it was in close proximity to an important railway junction, and by-and-by those who settled in this "Workmen's City"—if he might repeat the name—would have easy means of conveyance to every part of the metropolis. The more and more were the directors satisfied that this investment was a wise and prudent one.'

MR. A. A. WALTON in seconding the resolution, said : 'Having selected the best and steadiest workmen, they produced, under the co-operative system, the very best buildings—the workmen received very good wages and were perfectly satisfied—so much so that there had never been occasion to call in the arbitrators of the Company up to the present time. *The Company were enabled to go into the best markets with ready money, and thus purchase all they required 20 per cent. cheaper than builders as a rule could, and that of course lessened the cost of constructing the houses.*'

MR. W. F. HALE suggested that, as the number of shareholders present was not large, the directors should consider whether it was worth while to proceed so far at present as to raise additional capital.

MR. HOSKINS, a director, said that, confining his remarks to the Queen's Park Estate, he would venture to remind the shareholders, who had hitherto reposed such generous confidence in the board as the administrators of their affairs, that it was in every respect a most eligible property. The site satisfied all sanitary requirements, for the property was situated on rising ground, with an easy ascent, and, therefore, healthy. In the second place, it was easy of access, for it had a frontage on the Harrow Road, and was close by the Westbourne Park Station; and, in the third place, the soil was gravelly and chalky, which, all things considered, was the healthiest soil of all. There was every assurance that the houses which would be erected on the Queen's Park Estate would reflect credit on modern skill and civilisation, while their internal arrangements would be such as to give the housewife every scope for her highest efforts.

MR. SWINDLEHURST said : As to the Queen's Park Estate, the cost could be accurately ascertained, and what would be the outlay on every house on the property. They knew the cost of the work on the Shaftesbury Estate, all of which was done by the workmen themselves. He might add that when he wrote to Lord Shaftesbury

that it was the intention of the directors to propose an addition to the capital of the Company, the noble lord had fully endorsed its increase to £1,000,000—(hear, hear)—and he might add that the Earl of Derby had, on five different occasions, after receiving the reports of the Company, increased his holdings—(hear, hear)—thus showing that business, hard-headed men took a deep interest in a work of such a practical character.

ADVERSE CRITICISM.—THE 'LABOUR NEWS' AND 'BUILDING NEWS'

The *Labour News* of October 10th contained an article from the pen of 'Our Special Commissioner,' entitled 'A BRICK AND MORTAR PARADISE.' After giving credit for the evident care with which the comfort and convenience of occupiers had been studied in many respects, the writer says :

'The whole estate is not big, as estates go, and all its parts are proportionately, or more than proportionately, diminutive.

'They are little roads, little houses, little rooms, little everything. The roads are probably quite wide enough for the traffic which they are likely to have to carry ; and as the houses are so very low, the narrowness is not so bad in proportion. The footways, however, are cramped to decided inconvenience.

'The trees are planted within the curb, and, little as they encroach at present, they are already a practical inconvenience to persons meeting. As they increase in size this obstacle will be augmented.

'Prizes have been given for the best-kept forecourts and shows of flowers ; but the style of cultivation is of the most primitive order, often neglected, rarely more than barely neat, never of a character equal to the time and opportunity.

'*Within the houses the incurable vice of littleness pervades the whole atmosphere. Many of the rooms are so small as to be disgraceful. They are the merest parodies of rooms.* To say how long and wide they are would be a contradiction in terms ; they are, in fact, only a few inches short and a few narrow, for the number of feet would be ridiculous, if it were not so lamentable. It is a positive cruelty to individuals, and inimical to the public good, to persuade people to live, and eat, and sleep in such stuffy and unhealthy little pens, barely habitable without the doors being set open, and peculiarly unjustifiable when put forward by a public body as something worthy of special patronage ; equally do we take exception to many of the paltry devices resorted to for the ostensible object of saving space—pinched-up corners, and stairs, and landings, apparently constructed for the purpose of exciting vexation and ill-temper in every inhabitant, to say nothing of bruises, and sprains, and more serious hurts, for which some of these beggarly contrivances seem to be constructed as traps. Of course, as may be supposed, the smallest houses are the worst in this respect ; but their defects are not set off by any advantages in the largest, which partake of the results of the same kind of ill-directed parsimony.

'We say this without the smallest particle of reserve or qualification, that the design with which the company ostensibly set out is utterly outraged by the defects we refer to, which outweigh all the merits that can be pointed out. The responsibility lies at the door of every director who has stood by and allowed these things to be done without an effectual protest against the painfully manifest lack of ability on the part of those who prepared the original plans, and who have persevered in perpetrating them to the entire defeat of the objects to be obtained. If the popularity of these houses grows, it must be on account of defects in others ; it cannot be on account of the merits of these.'

But to the *Building News* the credit must be given for prescience in pointing out radical defects in construction, and mistakes upon points which either make or mar an extensive building scheme ; and happily would it have been for the shareholders in the undertaking had its warning voice been listened to. The old management was deaf to the tendered advice ; and up to the present time it has been equally disregarded by the present new and very influential management. The result is a repetition of mistakes of so grave a character as to be highly prejudicial to the best interests and future prospects of the Company. It is to be regretted that the past experience of the Company has not made the present management wise in this respect.

In an article published on the 23rd of October the *Building News* says :

'Generally, the construction appears to be sound ; the walls are of brick, and the timbers of those we inspected in process of erection

sufficient. That a rather different arrangement of plan could have been adopted is a question too late to discuss now. We should have preferred semi-detached blocks in some parts. As they stand they are cramped ; *the frontages are not sufficient, and the arrangement of stairs and back offices might have been better.* There are defects, but they are chiefly the defects arising from a too niggardly use of land. The roads are narrow ; the foot-paths, though well made of tar and gravel, are narrow—we mean in regard to the anticipations of those who looked upon the estate as one in which a great deal more of the rural element might have been blended. The doorways are in some cases protected by corbelled gables, though in the best class houses this is rather strangely omitted.

'There are some points of architectural character we would just say a few words about. As a rule the houses are of white stocks, relieved by red-brick corbels under eaves, black and red arches and strings in the better dwellings, and by moulded cement lintels, window-shafts, and dressings in the others. Why the first-class dwellings should have the less amount of decoration we cannot see—perhaps there may be, however, a reason. *But there is a good deal of ornamentation, not only out of character, but out of place, and which the directors would have done wisely to have THROWN INTO THE SHAPE OF GREATER ACCOMMODATION AND SPACE.*

'We well know that in houses of this stamp a little decoration is wanted to take off the tedium of sameness, which in a larger house is not so much needed, and it is somewhat difficult to throw into a row of such houses that kind of variety sought ; *but at the same time this can never be done by what we call a petty or fussy kind of ornamentation, as in the cement brackets and little supported shafts introduced to carry door-gables ; the bedizened parapets and corner vases placed over the centre houses of Shaftesbury Terrace ; in the centre plaster flowers and rich cornices of some of the little rooms, which would have been better avoided, and only serve to give them an air of littleness both real and by implication.*

'The ceaseless exodus to the artisans' city, while it shows how great the demand is for dwellings of a moderate rental and good accommodation, does not necessarily show that the solution of the problem has been perfectly met. The objects of the company are stated to be "to assist the working classes to obtain improved dwellings, erected from the best designs at the lowest possible cost," and to assist them to become owners or purchasers of the houses they occupy. That much of this programme has been realised we do not deny ; but before the company further develop their schemes at the estates they have acquired at Harrow Road and elsewhere, we hope they will reconsider their plans with a view to eliminate the intimated objections.'

AN INVESTIGATION BY THE ARBITRATORS.

In 1873, with a view of satisfying themselves upon the financial condition of the Company, the arbitrators obtained from the directors permission for Mr. Erskine Scott, accountant, to make an examination of the books, and report upon the same to themselves. Mr. Scott went through the accounts of the Company from its commencement, but his report was not ready in time for the seventh annual meeting, held on the 14th of March, 1874. He presented a preliminary report, however, to the arbitrators ; and as there were a few points, chiefly relating to book-keeping, upon which he differed from the management, the arbitrators requested that Mr. Scott's examination should be continued so as to cover the operations for the year 1874, and in this the directors concurred. It was generally understood that Mr. Scott's preliminary report contained nothing whatever pointing to grave errors or irregularities, but that it was on the whole satisfactory ; and this view is strongly supported by the statement publicly made by the Hon. Evelyn Ashley in the presence of the distinguished assembly at the Shaftesbury Park Estate on July the 18th, '*that this Company's tables and financial condition have been submitted to a competent actuary, and the report of that actuary can be obtained by anybody who applies for it. And in it the actuary says that the business has been conducted on right principles.*'

The arbitrators subsequently obtained permission for Messrs. Davis and Emanuel, surveyors, to value the Shaftesbury Park Estate, and report upon the general character of the Company's building operations, concurrently with Mr. Scott's examination of the accounts of the Company. The surveyors had completed their work and reported upon it by the 15th of February, 1875 ; but Mr. Scott had not finished his report in time for the document to be issued prior to the—

EIGHTH ANNUAL MEETING OF THE COMPANY,

which was held at the Westminster Palace Hotel, on March 11th, 1875.

The directors in their report say :

'The share capital received in the seven years from 1867 to 1873 inclusive, amounted to £112,196, whereas, in 1874, no less a sum was received on capital account than £156,378, being £40,182 more than received during the previous seven years. The total number of shares issued is 29,117. Your directors, after taking into consideration the financial statement, beg to recommend the declaration of a dividend of six per cent. for the year (less income-tax), which will leave a balance of £665 19s. 9d. to be carried to the next year's account.

'In July last, on the occasion of opening the south-west portion of Shaftesbury Park, a number of distinguished gentlemen were present, and made an inspection of the houses. The proceedings were especially well noticed by the English and Foreign Press, and the directors believe that much good has been done thereby, for they have, at the request of the Consuls and others, forwarded the Company's plans and papers to Germany, Belgium, France, Austria, America, Sweden, etc.

'Since the last report was presented to the shareholders, a new freehold estate has been purchased, consisting of nearly eighty acres of land at Harrow Road. It has been called the "Queen's Park Estate." The purchase was a most advantageous one, the property being acquired for a much less sum than is now being paid in the same neighbourhood. The estate has been surveyed, and plans prepared for the erection of nearly 2,400 houses. Building operations will be commenced immediately, and when in progress, the Company will be employing on their various properties about 2,000 workmen. It is pleasing to state that during this year the Company has had no differences with its workmen, though the country generally has been convulsed by constant strikes and quarrels between employers and employed. The remarks made in 1870 by our president, the Earl of Shaftesbury, are equally applicable now : "I am called an arbitrator of the society ; it has existed four years, and I have not been called upon once to act ; such a state of things has existed as no joint-stock company could show."

'In recent years the Company has not experienced any difficulty in procuring, without having recourse to Government aid, sufficient capital to carry on its operations efficiently. Shares have been readily taken by all classes of society, and few, if any, companies have such a thoroughly influential and representative body of proprietors.

'The security offered to investors is that of the freehold of the estates, the profits being realised on the land, the buildings, and the ground rents.'

The CHAIRMAN (Dr. Langley) moved the adoption of the report, and the declaration of a dividend of six per cent.

Mr. WALTON seconded the resolution.

The Hon. E. ASHLEY, M.P., moved, as an amendment, that the adoption of the report should be delayed until May, when the shareholders would have before them a fuller report of an accountant employed by the arbitrators to investigate the affairs of the company. Although his (Mr. Ashley's) name appeared on the prospectus, he had, up to this time, been only a nominal director. . . . The report was not ready, but in an interim report, dated March 10th, Mr. Scott said he had carefully examined the accounts and books for the years 1873 and 1874, and he was prepared to certify to the correctness of the receipts and expenditure as exhibited in the balance sheets of those years. He thought they would not be doing right if they did not grant the delay of two months.

Mr. WILLIAMS seconded the amendment, which was supported by the Rev. A. Cazenove, Messrs. T. Hughes, Q.C., T. J. P. Jodrell, F. D. Mocatta, and Dr. Carpenter. Lord Elcho also urged the shareholders to delay the meeting for two months.

Mr. SWINDLEHURST very ably replied, stating that Mr. Scott had promised his report a week before that meeting, but it was not forthcoming. He claimed that they had made profits sufficient to enable them to pay a dividend of six per cent. Mr. Marr, their own surveyor had valued the Shaftesbury Park Estate at £209,057 ; while Messrs. Davis and Emanuel, according to the abstract of their report supplied to him by Mr. Scott, valued it at £211,235. It was a strange thing that Mr. Scott should supply an abstract but keep back the detailed report, which ought to have been issued with the other documents to the shareholders.

The Chairman and Mr. Walton also replied to Mr. Ashley, the former promising that as soon as Lord Elcho and Lichfield said their information was complete, the directors would call a special meeting, and do all they could to lay the fullest information before the shareholders. Thereupon Lord Elcho recommended the withdrawal of the amendment, and Mr. Ashley acted on the recommendation.

The report was then adopted, and the usual business transacted.

MR. ERSKINE SCOTT'S REPORT TO THE ARBITRATORS.

The report of Mr. Scott was a voluminous document, chiefly relating to book-keeping. His opinion was that the safety of the Company was dependent upon the adoption of the system of double-entry ; and while he questioned the policy of paying dividends out of estimated profits, he admitted that under some circumstances such a course was admissible. In concluding his report he said :

'It now only remains for me to state that I have found the actual receipts and payments correctly stated and vouched for the two years (i.e. 1873 and 1874).'

MESSRS. DAVIS AND EMANUELS' REPORT.

This report, dated Feb. 15th, 1875, is addressed to the Earl of Lichfield, and it is a very valuable and suggestive document. It indicates, where it does not actually point out, the weaknesses of the scheme as fully disclosed in a subsequent inquiry.

Their valuation of the estate as it stood on the 1st of February, 1875, amounted to £211,235 ; and in obedience to his lordships' commands they made a survey and report upon 'the general condition and prospects of the Shaftesbury Park Estate.'

They reported that :

'On the 21st of January we were introduced by Mr. Erskine Scott to Mr. Swindlehurst (secretary and manager to the Company), who handed to us, for our information, a written statement he had prepared, of the condition of the roads and houses on the property, and the number of houses sold, and their ground rents. *The first part of this statement we found to be incorrect, and on January 26th Mr. SWINDLEHURST ADMITTED THE INACCURACY OF THE WHOLE AND WITHDREW IT, AND THEREFORE WE SHALL NOT FURTHER ALLUDE TO THIS DOCUMENT.*

'On the 1st inst., Mr. Swindlehurst sent in a substituted document, showing that 705 HOUSES WERE FINISHED ; that 139 were sold, viz., 2 freeholds at £400 each, and 137 leaseholds at varying ground rents, and that 487 houses were occupied.

'This is the only document we have received from Mr. Swindlehurst, and it is right to point out that we have, in the first portion of this report, stated that 543 HOUSES ARE FINISHED and 491 OCCUPIED, thereby showing a difference between Mr. Swindlehurst and ourselves as to facts THE CORRECTNESS OR INCORRECTNESS OF WHICH CAN BE ASCERTAINED. *We adhere to our own figures, having carefully gone over them and satisfied ourselves as to their accuracy.*

'It is, however, our duty to place Mr. Swindlehurst's written statement to us of February 1st, 1875, viz., that 139 houses were agreed to be sold—two at an out-and-out price of £800, and 137 at ground-rents amounting to £402 17s. per annum, in juxtaposition with Mr. Marr's printed report of February 28th, 1874, viz., that 237 houses have been agreed to be sold (see 6th paragraph of that report) at ground-rents amounting to £787 11s. per annum, and beyond further observing that Mr. Marr's valuation appears to be based on such latter fact, which materially differs from Mr. Swindlehurst's statement of the same fact eleven months later—we make no comment.'

They reported favourably of the position of the estate regarding railway accommodation, and were of opinion that the price paid for the land—£700 per acre—represented its fair value, neither a low price nor a high price.

Respecting the roads, they were of opinion that their bad condition was 'partly due to an insufficient bottom having been made in the first instance, and which will necessitate a constant expense during the next few years in re-metalling the roads.'

Upon the drainage question and the dispute thereon between the Wandsworth Local Board and the Company, they say :

'As to the merits of the question, we do not think there can be a doubt that the Company's system is preferable to the Board's, from

a sanitary point of view, and this is the only point on which, perhaps, we ought to offer an opinion.'

Of the work they say :

'The manner in which the houses have been finished is generally fair, and by this it must be understood that although there is nowhere throughout the estate what is generally known as "first class builder's work," yet the quality of the work is, on the average, quite as good as, and perhaps even a little better than, that usually put by speculating builders into such small class house property. *The ventilation of the houses is an entire failure.*'

Regarding the professed co-operative building they state :

'In accordance with your lordship's desire to be particularly informed as to the mode of building, which the directors in many of their reports, and notably the last one (the seventh), state to be conducted on the principle of co-operation, or, as it is sometimes called, industrial partnership.

'Co-operation, as we take it, is a participation between the masters and the workmen in the profits of an undertaking in which each has embarked either his capital or labour, or both.

'The "associated labour" on which so much emphasis is laid in the seventh annual report, and as to which the opinion of the Earl of Derby is quoted, is *not* "a system by which men" are to become their own employers, and share the profits of "the employing class"—it is simply the arrangement which every speculating builder makes with a ganger or leading man in each trade for the performance of the labour required for the erection of his houses by piece-work.

'From the inquiries we have made of the workmen themselves, we cannot understand upon what ground the allegation is made, that "the workmen of the various trades participate in the profits realised by their labour." The workmen are paid by the piece-work ganger or leading man, *by the hour*, according to the ordinary custom of the building trade. The ganger himself is paid by the company; the agreed price for the labour he provides, and whatever the profit and loss may be on the house itself, he does not participate therein.

'It is equally difficult to understand any circumstances arising under the system we have described, which would require the services of your lordship and your co-arbitrators, as such, being called into requisition. In concluding this portion of our observations, we can only add that we have carefully avoided expressing, as strongly as we feel, our sense of the statements annually reiterated in the company's reports on the subject of "co-operation," "associated labour," or "industrial partnership."

In estimating the income derivable from rents from the Shaftesbury Park Estate, *they deduct ONE THIRD from the gross amount receivable from the tenants for rates, taxes, repairs and empties*, and in their judgment the nett result obtained *only* is available for dividend.

A supplemental report from Mr. Arthur Cates was appended, in which the conclusions of Messrs. Davis and Emanuel were confirmed.

RETIREMENT OF THE ARBITRATORS.

It was not until June that the report of Mr. Scott was in the hands of the directors, when it was accompanied by that of Messrs. Davis and Emanuel. A correspondence ensued between the board and the arbitrators, which eventuated, on the 28th of July, 1875, in a deputation consisting of the following gentlemen meeting the board:—Hon. E. Ashley, M.P., F. D. Mocatta, Esq., T. J. P. Jodrell, Esq., and Ernest Noel, Esq., M.P. After a very short interview three gentlemen retired, leaving the matter in the hands of Mr. Jodrell, by whom the following proposals were submitted on behalf of the deputation :

'1st. That the "Financial Statements" hereinafter to be presented to the shareholders shall show distinctly what amount of actually realised profit is available for dividends, and from what sources it is derived, and that no dividend which is not payable exclusively out of such profits shall be proposed exceeding three per cent. on the paid-up capital, and that to whatever extent such dividends may be derived from any other source, the special grounds shall be clearly stated in the report upon which a temporary departure from sound principle is considered to be justified.

'2nd. That the agencies for collecting subscriptions shall be discontinued, at all events, that Mr. John Royle Martin shall be dis-

missed as having abused his agency for his own purposes, and as regards the other agents (if they shall be retained) the rate of commission shall be so far reduced as to be no longer an incentive to the practice of touting, by which Mr. Martin has brought such discredit on the company.

'3rd. That the report of the accountants (omitting such passages, if any, as the deputation shall admit to be irrelevant to the inquiry) shall be forthwith printed and circulated among the shareholders, but that, considering the advanced state of the season, the special general meeting to consider the report (if any such meeting shall turn out to be necessary) shall be postponed to the month of November.'

The directors not fully conceding the demands of the deputation, the correspondence was resumed, and continued until the 8th of December, when Lord Shaftesbury addressed the following letter to the directors :

'St. Giles's House, Cranborne, Salisbury.

'GENTLEMEN,—

'In reply to the letter from you, which stated that the communication addressed to the board by the three arbitrators had been referred to a committee in order that an answer might be prepared, I beg leave to remark, that while we shall be ready to receive any documents you may desire to place before us, we adhere to the resolution expressed in the first and second letters sent to the board.

'I again affirm that unless the report be circulated among the shareholders before the 1st January, 1876, the three arbitrators will withdraw their names from the posts they occupy.

'Your obedient servant,

'SHAFTESBURY.'

On the 24th of December, the board replied to the arbitrators, and after reviewing the case from their point of view they said :

'In conclusion, we beg to place in review before your lordships the following facts :

'1st. That the directors never directly or indirectly promised to print and circulate Mr. Erskine Scott's report.

'2nd. That the directors pressed again and again for a copy of that report, so that a special meeting should be called in May, to consider it as promised, and as the directors repeatedly desired.

'3rd. That that report was proposed to be suppressed by the gentlemen to whom your lordships referred the negotiations, on conditions to which the directors assented.

'4th. That in the outset the directors conceded to the arbitrators the opportunity for investigation *as a courtesy*, since shareholders only have a right to deal with the financial affairs of the Company.

'Finally, the directors believe that they see in the correspondence of your lordships a preconceived determination to force an issue which cannot fail to injure this great undertaking. The merits of the question must be judged by the shareholders.

'The board therefore feel it their duty to remind the arbitrators that when on July 23rd your lordships expressed a wish that your names should not be publicly used, the directors accepted what they virtually considered to be your resignation, and they are prepared now formally to ratify what they then regarded as a painful necessity.

On the 4th of January, 1876, a letter from Lords Shaftesbury, Lichfield and Elcho, appeared in the *Times* and other papers, publicly resigning their positions as arbitrators, and at the same time Lord Shaftesbury resigned the position of president.

It is to be regretted that the abstract of the report of Messrs. Davis and Emanuel, giving merely the valuation, was circulated by the directors, while the report itself was withheld from them, as the valuation very materially strengthened their position with the shareholders. The arbitrators would have been amply justified in issuing the report when the board finally declined to do so; indeed, such a course seems to have been the only one consistent with their duty. Thus ended the investigation of the arbitrators, who at considerable trouble and expense instituted an inquiry and obtained reports of a character very damaging to the management of the Company, but who stopped short of conveying the information they had obtained to the shareholders.

THE NINTH ANNUAL REPORT AND MEETING.

The ninth annual meeting was held at the Westminster Palace Hotel on Saturday, 26th February, 1876; Dr. Langley presiding.

Upon the minutes of the previous meeting being read by the

secretary, their accuracy was challenged by Mr. Jodrell (who moved as an amendment that the minutes be not confirmed), on the ground that they contained no reference to Mr. Scott's report, and the discussion thereon which had taken place at the last year's meeting. Mr. Hale, Mr. Powell, Mr. Williams and the Hon. E. Ashley supported this view.

The CHAIRMAN said the directors had taken counsel's opinion, which was, first, that the report was prepared by the wish of gentlemen not shareholders; secondly, that it was not prepared for the directors, nor by their orders, and that the report itself was entirely beyond the scope or power of the directors, and, in fact, had nothing to do with them as members of the board. They had consulted their solicitor as to the exact form of the minutes, and were advised that the minutes could not recognise a report with which they had no right to deal. (Hear, hear.) The accounts had been examined by the highest accountant authorities, and every item had been examined and vouched for; and the board came before the shareholders with a perfectly unassailable and impregnable position with regard to what they had done and what they intended to do. (Hear, hear.) He moved, as an amendment, that the minutes should be accepted and adopted.

Mr. A. A. WALTON, Vice-Chairman, seconded the amendment.

Mr. ASHLEY considered that the Chairman had indirectly thrown a slur on the three arbitrators for their conduct in the matter. He wished to point out that this was now strictly a commercial undertaking; what was the reason, then, for getting the names of Lord Shaftesbury, Lord Lichfield, and Lord Elcho? A very large proportion—at least eight-tenths—of the shares had been taken on the strength of those names standing at the head of the prospectus.

MR. KEMPSTER rose to order; this discussion had nothing to do with the accuracy of the minutes.

The question were put, and there were 32 for the amendment, and 72 against.

The minutes were confirmed by a large majority.

The report stated that:

'The directors have unabated pleasure in presenting the ninth annual report of the Company for the approval of the shareholders. It is accompanied by the balance-sheet and financial report, which, in addition to the usual verification by the auditors, have been carefully examined and approved by the eminent accountants, Messrs. Chadwicks, Adamson, Collier and Co., who have also made a minute and searching investigation of the Company's books and accounts.

'The share capital had been increased during the year by £62,334.

'During the year the president and honorary arbitrators (nominated to determine any dispute between the workmen and the Company) have resigned. The circumstances have been explained by the correspondence which has been published, with the remarks of the directors thereon. Those circumstances have rendered the past year a period of great anxiety, and have occupied much time and labour on the part of every member of the board. It has also caused a considerable extra expenditure, but your directors, nevertheless, believe that the discussion has only established the Company more firmly, by demonstrating the correctness of the policy hitherto pursued.

'With respect to the amount of dividend to be declared, the directors forbear, on the present occasion, making any specific recommendation. The payment of 6 per cent. would leave a balance of £4,782 8s. 6d.; on the other hand, a dividend of 5 per cent. would leave £8,027 5s. 2d. to be added to the reserve fund.

'To show the extensive building operations carried on during the period included in the report, on the Shaftesbury and Queen's Park Estates, we refer to the accompanying valuer's statement and figures, from which it will be seen that great progress has been made, and that on the former estate alone the Company now possess 1,032 houses, comprised of the following classes:—Class 1, 62 houses, containing 8 rooms; Class 2, 179 houses, containing 7 rooms; Class 3, 478 houses, containing 6 rooms; Class 4, 308 houses, containing 5 rooms; shops, 5—total of houses, 1,032. Before the present year expires it is hoped that the whole of the estate will be completed.

'On the Queen's Park Estate the plans for sewerage, in accordance with the best sanitary principles, have been accepted and approved by the best local authorities, who have co-operated in

every possible way in enabling the Company to carry out the best system of house-drainage.

'The rise and progress of public opinion in favour of practical sanitary science has been coincident with the foundation and development of this Company. Corporations and other public bodies seem now to vie with each other in carrying out similar plans: and, indeed, the directors claim to have been the means of suggesting the sanitary legislation of the last session.'

The CHAIRMAN moved the adoption of the report. They had had, he said a year of unexampled anxiety, and he had passed many sleepless nights; they had met not only every day at one period, but sometimes twice a day, to consider matters arising out of this question; and if at the end of the year they could show such a report as they presented that day, and such a good ground of declaring a dividend of five or six per cent., as the meeting should determine, they had fairly earned the confidence of the shareholders. (Applause.)

Mr. WALTON seconded the motion.

Mr. BISHOP asked a number of questions with respect to the accounts, arising out of the fact, which the Chairman explained, that the balance sheet had been printed hastily, but it had been superseded by another, in which, while the totals were the same, certain items were represented in a different way, on the suggestion of auditors.

The Rev. A. CAZENHOVE, believing that they were perfectly justified in paying dividend out of estimated profits, would move that a dividend of six per cent. be declared.

A discussion followed upon paying dividends partly out of estimated profits, in which Mr. Hale, the Hon. Dudley Fortescue, Mr. Williams, Mr. E. T. Caulfield, Dr. Holland, Dr. Langley, and the secretary took part, after which Mr. Chadwick (accountant) stated that his instructions from the directors, with none of whom was he previously acquainted, were to make the most thorough examination of accounts, and report as to their correctness. Not a single payment had been made for which they had not seen the voucher, and they had gone into the investigation quite independently of the auditors, who had performed their duties as usual. He was able, most conscientiously, to certify to the correctness of the accounts and the balance sheet. (Hear, hear.) But auditors did not make themselves responsible for everything. They did not trench on the work of the solicitor, who had charge of the deeds and conveyances, whose certificate they accepted in regard to them. If they could conceive of Shaftesbury Park or Queen's Park becoming deteriorated in the course of years, the proper resource was the provision of a good reserve fund. (Hear, hear.) He should say, limit your dividends and increase your reserve fund. (Hear, hear.) To what extent that should be done was a matter for the shareholders to determine. The accountants did not think themselves called on to counsel a material change in the mode of stating the accounts, although they told the directors at a special meeting that if they were going to make the statement of accounts now for the first time they would model it in a different way.

Mr. JODRELL complained that the report showed no distinction between capital and revenue, nor the balance of profit out of which dividends was to be paid. He contended that £26,000 should be struck out of the assets, and then there was no balance left for dividend. Those who had a great stake in the concern would speedily lose it unless they combined together for their own protection. He now gave notice to the directors that if they paid any dividend out of other than realised profits they did it at their peril. If the intimation was not accepted in the spirit in which it was intended—namely, to stop a payment of dividend, he should move for an injunction to stay it.

[The secretary here handed a note promising to buy his shares at par on the following morning to Mr. Jodrell, who immediately resumed his seat, and shortly left the meeting, stating, as he went out, that he had got what he wanted. The next day Mr. Jodrell received a cheque for £2,500 for his shares.]

After a long discussion a resolution in favour of six per cent. was carried by an overwhelming majority.

The remaining resolutions authorised the directors to pay an interim dividend for the half year at the rate of five per cent. per annum; re-elected the retiring directors, Messrs. J. B. Langley and J. T. Hoskins; re-elected the auditors, the Rev. Dawson Burns and Mr. J. Pearce, and elected Messrs. Chadwicks, Adamson, Collier and Co., as accountants to the Company, and passed a vote of thanks to the directors, with an allowance of £600 for their services. Votes of thanks were passed to the auditors, architect, and secretary, and with a similar compliment to the chairman, the proceedings of a very protracted, and often noisy meeting came to an end.

* * * CORRECTIONS.—In No. 8, on page 90, it is stated, in error, that an extraordinary general meeting was held for the purpose of increasing the capital. The meeting then held was for the purpose of amending the articles of association. On the same page the annual meeting recorded should be the 'sixth,' instead of the 'fifth.'

RESIGNATION OF MR. J. PEARCE AS A DIRECTOR.

IN speaking at the last annual meeting of the Company, Mr. Pearce severely condemned the building policy of the present board. In the course of his remarks he said:

'I am anxious that this Company should be conducted by directors who will come down to these departments (building-construction), and become acquainted with them; and I really think the best course you could pursue would be to put a practical builder or two upon the board, in order to protect yourselves. You really cannot afford to make other mistakes, and, unless I were most strongly impressed that you were making mistakes in building-construction at the present time, I should not take the stand I am taking to-day.'

In concluding his address Mr. Pearce said:

'Personally, for myself, I cannot undertake to serve you any longer as a director, to incur any longer the responsibility *which certainly comes with knowledge.*'

But in consequence of the strong representations made to him by shareholders in the room against such a course, he declined to respond to the Chairman's invitation, made immediately after the meeting, to send in a formal resignation.

His state of health, however, prevented his attendance at the board for some months; and on the 19th of August, 1878, he addressed a long letter to Mr. Samuel Morley, in which defects in the present management were pointed out, and the whole policy of the board discussed; and in concluding Mr. Pearce said:

'After long and anxious consideration, I feel that I should best serve the interests of the shareholders by retiring from the directorate in order to make room for a gentleman having a practical knowledge of building-construction; and regarding this as being a desideratum most urgently needed, I am prepared to resign at once—the only condition I impose is this, that I shall have the opportunity before resigning of inquiring into the qualifications of, and approving, any gentleman the board may nominate to succeed me.'

Mr. Morley returned the letter to Mr. Pearce after some weeks, and it was then forwarded to Mr. Ashley, whose attention was specially directed to the offer to resign, Mr. Pearce adding that his recent attendances at the board had confirmed his opinion of the absolute need of practical knowledge on the directorate.

Mr. Ashley replied to this on the 18th of December, and said on this subject:

'I have only to add with reference to the last paragraph of your letter, that if you have discovered a shareholder able and

willing to serve on the board who, being otherwise fit, has also a "practical knowledge of building construction," you have been more fortunate than us. I shall be very anxious to hear of such a person—would welcome his accession to our ranks, and can assure you that you will have my hearty co-operation in bringing him forward.'

This threw the onus of finding 'a practical man' on Mr. Pearce, who immediately instituted inquiries respecting the abilities and qualifications of Mr. Mark H. Judge (a shareholder), curator of the Parkes' Museum of Hygiene at the University College; and, having satisfied himself of these and also of the general fitness of Mr. Judge for the position, he took steps which led to the nomination of Mr. Judge by the following shareholders:

THE RIGHT HON. EARL ROSEBERY, SIR WALTER TREVELYAN, BART., LADY TREVELYAN, SIR FREDERICK LEIGHTON (President Royal Academy), SIR HENRY THOMPSON, MR. ERASMUS A. DARWIN, MR. GEORGE DIXON (Birmingham), MR. RICHARD EVE, PROFESSOR E. FRANKLAND, F.R.S., PROFESSOR W. H. FLOWER, F.R.S., MR. HALFORD W. HEWITT, J.P., MR. J. NORMAN LOCKYER, F.R.S., MR. JOHN PEARCE, REV. J. M. ROWDEN, M.A., PROFESSOR GEORGE ROLLESTON, F.R.S., MR. PATRICK SCOTT, REV. RICHARD SHAEN, M.A., DR. W. SHARPEY, F.R.S., MRS. MARGARET M. SCHOLEY, MR. J. SCOTT ROBINSON.

The nominations were duly laid before the board, when Mr. Pearce expressed his readiness to resign to make way for Mr. Judge; and the board consenting to this suggestion, on Tuesday last, the 18th inst., Mr. Pearce formally tendered his resignation, which was accepted, and Mr. Judge was unanimously elected to the vacant seat.

Mr. Pearce feels that of all his services to the Company—recognised and unrecognised—his resignation in favour of a gentleman having a practical knowledge of building construction is the most important; and he heartily joins in the wish very sincerely expressed to him by *one* member of the board 'that his successor may render as good service to the Company as he had done.'

CONSCIENCE.

'He that frameth himself outwardly to do that which his conscience reproves inwardly, wilfully resisteth the law of God.'

'It is the foretaste of damnation, the terror and doom of a man's own guilty conscience, and he is in a miserable state of mind, whose conscience forcest him publicly to accuse himself before he is accused.'

'Fear to do that whereby thy conscience would be wounded.'

'Conscience bears little or no sway when riches and honour bring in their plea; and though it may appear to sleep with some, or be callous and void in feeling in others, yet at the hour of death it is awakened, driving the miserable soul to desperation.'

'The philosophers by the light of nature counted those men incurable whose consciences were not touched with repentance for those sins which they had committed.'

'The goods of this world are not to be put in competition with sound principles, or the pleasures of an approving conscience.'

TEMPERANCE IN AMERICA.

THE advance of temperance in America is shown by two facts put in juxtaposition:

'Sixty years ago Lyman Beecher attended an ordination at which forty dollars' worth of liquors were drunk by New England ministers. To-day Mrs. Hayes—whom may God bless!—expels intoxicating beverages from the Presidential mansion.'

'Brown, the eagle-eyed liquor agent, always on the alert to detect fraud (!) upon the liquor agency, recently had an application for five gallons of rum for "mechanical purposes." "For what mechanical purpose?" he asked. "For raising a barn," was the reply. Brown wouldn't let him have but two gallons and a half.'

DIETETICS.

BY VIATOR.

(Continued from page 45.)

CHAPTER II.

HAVING in the former chapter endeavoured to point out an harmonious relationship as existing between the teeth structure of men and animals, the food most suited for them, and for which they are specifically adapted, we would now turn the attention of our readers to other and equally remarkable points of similarity in the internal structure, feeling fully convinced that the most careless observer cannot fail to notice the prevailing correspondence and conformity in the physiological process of nutrition and the entire digestive apparatus.

It is a well-known and easily-demonstrated fact that a diet consisting of fruits, grains, and vegetables requires a much longer time to become thoroughly digested than a diet consisting solely of flesh. And this fact, if properly appreciated, is conclusive within itself, should we lack all other evidence, to prove incontestably that man belongs to the class frugivora.

The additional power and process of digestion necessary for the due assimilation of a frugivorous diet demands extra and more complicated machinery for the performance of this task ; and in accordance with these requirements we find that the stomach and intestinal canal of the frugivora are much larger and longer than those of the carnivora. The colon, which is entirely smooth in the latter, is, in the former, bulged out between the bands of muscular fibre into various prominences more or less regular in their form, so as to present a greater digestive surface, which we will attempt afterwards to explain.

The form of the stomach is also different in these two great classes. In the frugivora the stomach is oblong, the walls are convoluted, and it lies in a transverse direction across the abdomen, while in the carnivora it is only a small roundish sack, very simple in construction. In the carnivora the intestine is only about three times the length of the body, while in the frugivora it is twelve times, and in grass-eaters it is twenty-five times the length of the trunk, since grasses and herbs require much more time for digestion than fruits, grains, or flesh.

The points of similarity are so numerous and identical between man and the frugivora, that we need feel under no restraint in arranging him as one of that class, since the same uniformity in every particular greets the honest inquirer. We therefore make no pretension to be exhaustive in our statements, our principal aim being to suggest to other and more qualified minds the more prominent of these agreements, in the confident assurance that the evidence thus gathered must to all reasonable minds prove that man belongs to the class frugivora, and that the food most suited and preferred by this division must necessarily be the best and most natural food for man.

Though the anatomical arrangements and the physiological nature of the class frugivora are identical with that of man, yet there are few circumstances in the whole study which present clearer testimony on the assumption claimed than that afforded by a microscopical examination of the blood. It will be thus

ascertained that the globules or corpuscles of the blood are in every respect the same in man and the frugivora, from whence we may safely infer that the food requirements are similar. In the carnivora, where flesh is the principal food, the blood corpuscles differ both in form and appearance, and this must be so if our former conclusion is right and reliable.

The food of the frugivora and herbivora, being of a carbonaceous nature, causes much heat to radiate from the body, and to assist the free passage of this heat the skin of both these classes is abundantly supplied with perspiratory tubes or pores. The carnivora are wholly deficient in this respect, because their food, being of a nitrogenous nature, does not throw off heat to that degree to require pores, hence they perspire only through the lungs. In the case of man, Professor Erasmus Wilson, in his treatise on the skin, says that he counted the perspiratory tubes in a square inch of the palm of the hand, and found there was 3,528. But in estimating the number of pores in the body, he considered that about 2,800 per inch might be taken as a fair average. Since, then, there are about 2,500 inches of surface on the body of a man of ordinary bulk and stature, we have the enormous number of 7,000,000 pores in the human body. The presence of these perspiratory tubes in frugivora, herbivora and man plainly indicate that each class is adapted and constructed for a food of a carbonaceous, and not one of a nitrogenous, nature.

The tongue of the frugivora also differs considerably from the tongue of the carnivora. In the latter, the papillæ is horny and rough, which adapts that member, and renders it of such importance in licking the flesh from the bones of their prey. In the former the papillæ is soft and smooth ; to this latter description the tongue of man corresponds, and here again we have a most undeniable proof that, in accordance with the law of adaptation, the proper food for man is fruits, grains, and vegetables.

(To be continued.)

HYGIENE.

EXERCISE AND REST.

WELL-DIRECTED exercise favours the preservation of the general health, by calling into direct action the various organs of the body.

The body must undergo a certain amount of fatigue to preserve its natural strength and to keep the muscles and organs in a healthful state.

Exercise equalises the circulation and distributes the blood more effectually over every part of the body ; it acts on the skin by stimulating its functions, increasing its temperature and awakening its tone.

Cold feet, or coldness felt in any part of the body, defines languid circulation, and may be removed by moderate exercise.

No person can possess perfect health without a due amount of exercise, that is to say, exercise within fatigue ; for too much exercise is as injurious as too little ; it should always be taken in proportion to the strength of the individual, and it should be equal and regular ; not, for instance, a long fatiguing walk or

violent muscular exercise one day, and entire neglect of it for the next two or three days. Walking is a very healthy, as well as a natural mode of exercise : it brings nearly all the organs and muscles of the body into play ; it is doubly good if taken with a pleasant companion, as pleasant conversation improves and strengthens the mind as well as the body. Exercise should be avoided as much as possible immediately before or after a meal.

Moderate exercise is often better than violent exercise, such as rowing, cricket, football, etc., which are sometimes pursued so violently as to be followed by depression and exhaustion.

Work and exercise are necessary for health, and so also is rest and sleep, and regular hours, too ; if you wish to be fashionable and go to bed at midnight hours, and then crawl languidly out of bed at midday, after sleeping in a close, badly-ventilated bedroom, you must expect to be delicate and look sickly.

Nine or ten o'clock is a good hour to retire to rest, and five or six o'clock a good time to awake ; take a cold bath, and you will be in good trim then for a hearty breakfast at seven or eight o'clock.

R. SHIPMAN.



THE WEANING OF INFANTS.

WEANING is always a difficult proceeding, however favourable the conditions may be. The best age for it is variously fixed by the customs of different localities. Some infants may be weaned when they are one year old, or even before ; while, with others, it is necessary to wait for eighteen months. This difference of time arises either from the mother, the infant, or the circumstances of the weaning.

As a general rule an infant should have twelve teeth before it is weaned ; but this event must, at times, take place when eight of the teeth are cut, if the nourishment of the mother begins to fail ; the age is, then, from ten to twelve months, as the four first large teeth do not appear till later. Provided there are no unfavourable circumstances, the best time for weaning is between the appearance of the large teeth and the canine or eye-teeth : these last only come when the age is from eighteen to twenty months. Between these two last cuttings the infant is almost entirely quiet, and in the best condition for the purpose. But the coming of the teeth is often so irregular, and the mother's health so variable, that it is impossible to lay down a strict rule. However, there is another matter which should never be lost sight of—it is this : an infant should never be weaned when it has an uneven number of teeth ; for its teeth appear in pairs, and often trouble the side of the stomach, and by changing the mode of nutrition when it has an uneven number of teeth the distress occasioned by a retarded tooth will probably be increased. The babe should always be in good health, and the best time to choose is the spring or winter. Slow, gradual weaning is better than a sudden change, that is to say, in twenty-four hours.—*From the Journal d'Hygiène.*

THE CRECHE BAZAAR.

ACCORDING to the *Standard* : 'Princess Christian has manifested her personal interest in a forthcoming bazaar, to be opened by the Earl of Shaftesbury, in Cannon-street Hotel, City, on the 22nd inst., on behalf of Mrs. Hilton's Crèche and Branches, by sending a number of articles specially made by herself and her royal children for the bazaar. The names and ages of the royal children are attached to the articles made by them.'

We hope that this circumstance will greatly add to the interest in the bazaar, and that there will be a spirited competition for the articles in question, so that the funds of the institution will be largely increased thereby.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FALSE RENTALS AND MOCK (RIG) AUCTIONS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

A sad and cruel fraud is now in vogue by unprincipled men to cheat innocent ladies and the inexperienced, often of hard-earned savings.

The vile, although cleverly planned, system I allude to is sham auctions of half-worn out or 'hammer' new 'speculative builder's' houses, at false rentals. I have known dwellings, let at £44, declared as let at, and of the value of, £65 a year. In one instance, a row of fragile structures, with short leases and usurious ground-rents, let at £30, were printed as let at £40 each, dwellings (so objectionable) which even at £30 per annum were always changing tenants.

After well advertising and placarding, the auctioneer, either by his own 'trotting' or help of 'hired puffers,' often secures a 'victim,' who repents weary years after of his imprudent, unprofitable purchase, finding himself saddled with a decayed, worthless dwelling and worthless tenant. I could much enlarge, but I prefer that some of your intelligent subscribers should write their experience about 'rostrum' swindles.

I am, sir,

Your obliged reader,

WM. PERCY TRUEMAN.

3, Maryon Villas, Green Lanes, N.,

March 5th, 1879.

HOUSEHOLD HOT-WATER APPARATUS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Replying to a letter in a recent issue of your estimable paper (which I would have answered earlier, but I have only just seen it), I beg to say, if your correspondent, Mr. J. Bishop, would read my letter more carefully, he would find how mistaken he is in his conclusions.

He makes me use a cistern ; whereas, in my description of the hot-water apparatus, I most distinctly say we do not use any cistern or ball-taps whatever.

There is no fear of the boiler getting empty, as it is the overflow from the boiler that is received, and when enough is obtained the boiler is left full ; that is to say, a branch-pipe, with a stop-tap attached, is carried from the main past the place hot water is required, to the boiler, and a return pipe to same place. When the stop-tap is opened the cold water forces the hot out, and when closed the boiler is still left full.

J. B. suggests that these boilers will be generally boiling. To prevent this, a niggart is applied when hot water is not required.

J. B. seems to treat this as a theoretical idea, but I beg to inform him it is in practical use in over two hundred houses in this locality.

If J. B. will communicate directly with me, I shall be glad to furnish him with a sketch of the apparatus, and any other information he may desire.

I am, sir, yours, etc.,

JAMES GASKELL.

Little Peel, Blackburn,

March 14th, 1879.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

You should forgive many things in others, but nothing in yourself.—*Antonius*.

Health, beauty, vigour, riches, and all the other things called goods, operate equally as evils to the vicious and unjust, as they do as benefits to the just.—*Plato*.

Whoever shall represent to his fancy, as in a picture, that great image of our mother Nature, portrayed in her full majesty and lustre, whoever in her face shall read so general and so constant a variety, whoever shall observe himself in that figure, and not himself, but a whole kingdom, no bigger than the least touch or prick of a pencil, in comparison of the whole, that man alone is able to value things according to their true estimate and grandeur.—*Montaigne's Essays*.

These times strike moneyed worldlings with dismay:
Even rich men, brave by nature, taint the air
With words of apprehension and despair:
While tens of thousands, thinking on the affray,
Men unto whom sufficient for the day
And minds not stinted or untill'd are given,
Soand, healthy children of the God of heaven,
Are cheerful as the rising sun in May.
What do we gather hence but firmer faith
That every gift of noble origin
Is breathed upon by Hope's perpetual breath;
That virtue and the faculties within
Are vital—and that riches are akin
To fear, to change, to cowardice, and death?

Wordsworth.

(Written in 1803, but equally applicable to the present time.)

He who toils with pain will eat with pleasure. No duns outside, nor no doctors within. Forbearance is a domestic jewel. Something is learned every time a book is opened. To stop the hand is the way to stop the mouth. Who aims at excellence will be above mediocrity; who aims at mediocrity will fall below it.—*Chinese Aphorisms*.

Be on such terms with your friend, as if you knew that he may one day become your enemy.—*Laberius*.

Friends are much better tried in bad fortune than in good.—*Aristotle*.

The accounts from Madrid mention that at a tribunal of the Inquisition lately held there, they passed sentence upon eighteen persons. Four women were convicted of witchcraft, and the rest of Judaism. One man and one woman were burnt alive for persisting in their opinion, but two men and four women had the extraordinary favour of being first strangled and afterwards burnt.—An extract taken from *The London Journal* of June 3, 1721, a weekly paper, published in London, for 1½d.

Good and bad fortune are necessary to a man, in order to make him adroit and capable.—*French Proverb*.

If it were possible to restore dead fashions to life, we would revive the office of Jester. It is by the squandering glances of the fool that the wise man's folly is anatomised with least discomfort. From the professed fool he may receive the reproof without feeling the humiliation of it, and the medicine will not work the worse, but the better, for being administered under the disguise of indulgence or recreation. It would be well, indeed, if every man who, whether in thought or in action, has too much his own way, would keep a licensed jester. All coteries, literary, political, or fashionable, which enjoy the dangerous privilege of leading the tastes and opinions of the little circle which is their world, ought certainly to keep one as part of their establishment. The House of Commons, being at once the most powerful body on the earth, and the most intolerant of criticism, stands especially in need of an officer who may speak out at random, without fear of Newgate. Every philosopher who has a system, every theologian who heads a sect, every projector who gathers a company, every interest that can command a party, would do wisely to retain a privileged jester.—*Edinburgh Review*.

They are generally better satisfied whom fortune never favoured, than those she has forsaken.—*Seneca*.

By fools knaves fatten; by bigots priests are well clothed; every knave finds a gull.—*Zimmerman*.

Fortune, to show us her power in all things, and to abate our presumption, seeing she could not make fools wise, she has made them fortunate.—*Montaigne*.

When I see leaves drop from their trees in the beginning of autumn, just such, think I, is the friendship of the world. While the sap of maintenance lasts, my friends swarm in abundance; but in the winter of need, they leave me naked. He is a happy man that hath a true friend at his need; but he is more truly happy that hath no need of his friend.—*Warwick's Spare Minutes*.

When gold speaks, all tongues are silent.—*Italian Proverb*.

SONNET—WORK.

What are we set on earth for? Say, to toil;
Nor seek to leave thy tending of the vines
For all the heat o' the day, till it declines,
And Death's wild curfew shall from work assoil.
God did anoint thee with His odorous oil,
To wrestle, not to reign; and He assigns
All thy tears over, like pure crystallines,
For younger fellow workers of the soil
To wear for amulets. So others shall
Take patience, labour, to their heart and hand,
From thy heart and thy brave cheer,
And God's grace fructify through thee to all.
The least flower, with a brimming cup may stand,
And share its dew-drops with another near.

Elizabeth Barrett Browning.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

**** Only approved advertisements will be inserted.**

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.



LONDON: MARCH 29th, 1879.

* * We must again apologise to our general readers for occupying so much space this week in narrating the history of the Artizans' Company; but we have been requested to give the information more rapidly, and as a great number of our readers are interested either as shareholders or tenants in the Company, we comply with the request, and hope to finish the subject in a week or two.]

Death of Sir Walter C. Trevelyan, Bart.

ON Sunday last, at the ripe age of eighty-two years, the widely esteemed baronet of Wallington was gathered to his fathers. The event was sudden and unexpected, the only previous indisposition having been a slight cold, from which nothing serious was apprehended.

Society sustains a loss in the removal of the kindly-hearted but thoroughly in earnest reformer. He had a taste for scientific pursuits, and was an active member of the British Association. He took a warm interest in archæological subjects, was a liberal patron of the fine arts, and an ardent promoter of the spelling reform movement inaugurated by Mr. Isaac Pitman. But the cause with which the deceased baronet was most intimately and prominently associated was that of temperance. Of this movement he was ever the warm and consistent advocate and the munificent supporter.

He has been President of the United Kingdom Alliance since its formation in 1853, and to its funds he has always been a very liberal contributor. At the principal meetings of the society, held in London, Manchester, and other large towns, he was wont to preside, his introductory addresses on such occasions being invariably brief but eminently practical. Although not an orator in the common acceptance of the word, his utterances never failed to reach the hearts of his audiences; and they will be remembered by those whose privilege it was to listen to them by the earnestness and evident sincerity of the speaker.

Taking an interest, as he did, in social matters generally, it is not surprising to find that he lent his support to the Improved Dwellings' movement. He was a considerable shareholder in the Artizans' Company, and took an active interest in its operations; and one of his last public acts was the nomination of Mr. Mark H. Judge, whose election as a director of the company we recorded last week.

His death will be lamented by a wide circle of social reformers, while his tenantry at Wallington, amongst whom he lived, will feel that they have lost not merely a landlord, but 'a guide, philosopher, and friend.'

SANITARY HOUSE CONSTRUCTION.

HOUSEHOLD SANITARY ARRANGEMENTS.

[Cantor Lecture, No. 5.]

BY PROFESSOR CORFIELD.

PROFESSOR CORFIELD'S fifth Cantor lecture, delivered at the Society of Arts', on the 17th inst., was principally devoted to the consideration of sewerage arrangements. Under the term 'sewers' he included all pipes and conduits used for the conveyance of refuse by gravitation, whether laid in houses or streets. In some country places where dry systems of disposal are adopted, the waste liquids are got rid of by passing them into agricultural drains, and these being porous and loosely jointed, too often allow the fluids to escape at the first few joints, while the fatty matters cling to the leaks, and gradually choke the pipe. In towns the main sewers in streets are usually built of brickwork, and egg-shaped in cross section, that form affording the best scour and least friction, and being easy to construct. House sewers are often of stoneware, and these are circular in section. Speaking generally, all sewers below 18 in. diameter ought to be of glazed stoneware; above that size the greater cheapness of bricks and the ease of construction made brickwork the most practical material. In these cases the bricks should be of the very hardest kind, and should be set in cement. It is a good plan to use invert blocks of stoneware for brick sewers. Some made by Messrs. Stiff and Sons were exhibited, a noticeable variety being that in which a gridded rest is placed beneath the sewer, impervious vertically, so as to prevent leakage, but pierced longitudinally to facilitate subsoil drainage. Stoneware mains would be used to a much greater extent in small streets and towns were it not for the mistake so often made in estimating the size required; sewers are almost invariably too large, a survival of the old practice of planning them capacious enough for a man to enter and cleanse them. That cleansing could be effected by flushing, provided the sewer be nearly or quite filled with water, under high pressure, and the flow is sudden; management is more requisite than mere quantity of water. Given sufficient size in a sewer, all beyond is an absolute disadvantage, as the sewage flows in a shallower stream, more foul air is allowed to accumulate, it is more difficult to flush it, and it is increasingly expensive in construction. In laying sewers provision should always be made for making new connections without cutting into pipes; junctions should be laid in a line with the flow of streams, as otherwise the larger channel becomes blocked with sediment at the intersection. Pipe sewers are usually jointed together by sockets luted with cement. Where there is no risk of settlement this is the best arrangement, as it allows no leakage, and the stiff joint necessitates keeping the line of sewer straight. Where there is a probability of settlement or pressure the makeshift plan is adopted of luting the joint with clay and adding an external ring of cement. Simple clay joints are a mistake; frequently, as the lecturer had had frequent

opportunities of seeing in London houses, the clay is washed out by the percolation of fluid, and the sewer becomes blocked up by sediment collected around the leak. Another kind of joint is Stanford's patent, in which the one tube fits into the other by a conical end covered with some elastic composition, which is greased before insertion. Where the pipes are straight this makes a water-tight joint, but great care must be taken during laying to insure that no chipped caps are passed. In private property subsequent connections may be provided for with the ordinary socket-pipes by inserting junctions at points that will suggest themselves. With street mains more ample provision should be made, both for connections and inspections. This can be done by using Jennings's pipes, which, by a series of loose half-pockets on the upper side, allow of the sewer (which has no sockets) being opened at any point without cutting the pipes. With ordinary socket-pipes, Doulton and Co.'s operculum or lidded pipes may be used with advantage; in these about 1-3rd of the upper part of pipe is so nearly loose that it can be easily detached by a tap from a chisel. Yet another contrivance for obtaining ready access to sewers without having to cut into them, is the 'capped' arrangement; in this method half-a-circle is cut out of each pipe as it is made, so that when two pipes come together a round hole is left at the top. After the sewers have been laid and examined, these holes are closed by means of lids made for the purpose, which may be removed at any time for new connections to be made. These pipes are made by Jones and Co., of Bournemouth. Main sewers require ventilation, and this is most perfectly secured by openings at the street level. If such ventilators are a nuisance, it is evident that foul air accumulates in the sewer which but for this would pass into the houses; the remedy is not to stop up the ventilator, but to make another or two, to allow of freer passage of fresh air. The ventilation of sewers is never perfect till it is constant, and sufficient to prevent all objectionable smells, and all complicated plans for effecting this have proved miserable failures. More than thirty years since it was proposed to connect all sewers with furnaces, so as to draw out and consume the foul vapours. The scheme was tried at Battersea, and acted with a vengeance at times, the air being occasionally drawn through the houses, breaking the water seals of the traps, while at intervals the operation was too sluggish to have any good effect. One day some coal gas leaked from the gas to the sewer mains, and the works at Battersea were wrecked. Yet the same idea has been put forward within the past four years as a novel and practicable idea, notwithstanding the literal explosion of the theory in 1844. The ventilation of house sewers should be effected as far as possible from the dwelling. Where it must be near the house, the ventilating pipe should be carried well above the ridge of the roof, so that whatever quarter the wind blows from the foul air must be driven away from the house. Private sewers should never be of brick, for not only is there great danger of leakage both of fluids and gaseous contents, but they can be eaten through by rats, who to their ravages in the larder add the danger of bringing sewage matter on their coats and feet, while their runs form convenient exits for sewer-gas. It is preferable to keep all sewers to the backs of the houses, where the sculleries and offices are situated; but as our main sewers are generally laid through the front streets, it is in most old towns

unavoidable that the house sewers should pass under the premises from back to front. They ought, therefore, to be of glazed stoneware, and to have a fall of at least one in forty-eight. In all but large mansions 6in. was ample diameter for house sewers, with 4in. branches. Connection with the main sewer is usually made through a galvanised iron flap, hung so as to remain closed except when sewage passes. This flap does not keep sewer air out, and only prevents the entrance of rats when it is not propped open by a slight obstruction. In addition to this, some form of water-trap should be used to check the entry of gas. Formerly a dipstone was used for this purpose; a rectangular recess was made beneath the sewer, and into this a stone hung vertically, so as to maintain a constant depth of water. It was, in fact, a mitigated cesspool; deposits were retained, especially in the corners, and the nuisance was greater than if no trap had been used. An improvement was to slant the depending stone to an angle corresponding with the flow of sewage, and to obliterate the angles of the recess, and a further development made the fall sudden on the inward side and gradual at the exit. Every trap is in reality a cesspool, and the aim should be to obstruct the flow as little as possible, while securing such a bend filled with water as to check the upward passage of gas. If our main sewers were properly ventilated, he doubted if any kind of trap would be of use, but until public opinion is sufficiently advanced, their imperfect protection must be availed of. The simplest form is that of a shallow siphon, of which several varieties were shown, stoneware being recommended as the best material. Even these get stopped up occasionally, and a vertical pipe should, therefore, be taken from the top of trap to ground level to allow of flushing and inspection. Following upon these improvements, it was found advisable to permit air under certain precautions to have access to the private sewer, if between the water-trap and the house. Whether the gas is generated in the private or main sewer it is an advantage that it should escape into open air rather than into house, and if air passed inwards this was also a benefit. This air connection can be obtained in several ways. In Weaver's trap a pipe is built up from the trap to the front area of house, and is here covered by open grating. Buchan's arrangement resembles this, only the fall of house sewer is more vertical. In Pott's Edinburgh chambered trap, there is a large open channel, communicating with external air by a long inlet. Professor Fleming Jenkin advocates the use of two siphons, one behind the other, so that if the water seal of the first should be destroyed, the second will remain intact, but he regarded this as a needless complication. If two were better than one, why not employ three, or, indeed, a whole series of siphons? A rather more expensive disconnection than those mentioned is one recently introduced; it consists of a man-hole placed over a chamber, with an open channel in the section of sewers running beneath it. The manhole is entered by a locked galvanised iron door with open gratings, and a pipe passes from the chamber to roof of house, with gratings at intervals. Dr. Corfield expressed his belief that in the end this would be found the best plan for disconnection, ventilation, and inspection. He had never known a single instance in which this system of manhole and pipe disconnection and ventilation had proved a nuisance, and under no circumstances could foul air

accumulate in such a house sewer. In any method of ventilation it is desirable that the outlet should be above the roof-level rather than in the area. Cows may, by some, be thought ornaments, but for practical purposes are better omitted, and a couple of wires or a grating placed over the head of pipes. One accidental advantage of cowl is, that if they are added, people suffer a pipe to be carried higher than otherwise. It was necessary that there should be a connection with sewer from lowest part of basement, to provide for the removal of water used for cleansing the floors, and against accidents, such as floodings from burst water-pipes or boilers. This receptacle and its pipe should be well ventilated, and only discharged into sewer after passing through an open space, even if the channel were at the bottom of a grated shaft sunk in the area. The entire disconnection of this basement drain was of great importance. Dr. Corfield announced that, in his closing lecture, to be delivered next Monday, he should treat of water-closets, sinks, and baths, and the arrangement of their pipes and traps.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

II.—MORE AMBITIOUS WORK.

(THE PAST OPERATIONS OF THE ARTIZANS' COMPANY.—

Continued from page 107.)

THE TENTH ANNUAL REPORT AND MEETING.

THE tenth annual meeting of the Company was held on Saturday, the 8th of March, 1877, at the Westminster Palace Hotel, Dr. Langley presiding.

MR. SWINDLEHURST read the notice convening the meeting, but the report and accounts were taken as read.

In their report the directors say:

'It may not be inopportune to advert to the fact that, prior to 1866, very little organised effort had been made to erect suitable dwellings for working men, though something had been done in the way of improving existing accommodation by the conversion of old buildings into suites of rooms, and in some instances by erecting blocks capable of housing a considerable number of families. This Company was formed, not in any way to interfere with such well-meant efforts, but rather to fill a place previously unoccupied. The justification for the Company's existence lies in the fact that working men, when once imbued with the principles of self-help, are not satisfied with the occupancy of two or three rooms in a large lodging-house, but seek rather that privacy and tranquillity which

form the principal characteristics of family life. There is also an inherent desire to acquire more than a passing interest in the dwelling where one resides. These considerations led to the establishment of this Company, which from the smallest possible beginning has grown into an institution of great magnitude. Its financial progress may be gathered from the following tabular statement, giving the amount of share capital received up to the end of each year of the Company's existence, and the deposits in hand at the same periods. The directors having found the deposit branch both precarious and inconvenient, have deemed it necessary to close it to all except those having accounts therein prior to 1876. This explains the decrease of the sum standing in the Company's books under this head:

End of year.	Share capital in hand.	Deposits in hand.	Total.
1867	£502	£818	£1,320
1868	1,810	1,617	3,427
1869	3,014	4,745	7,759
1870	6,000	5,311	11,311
1871	18,580	7,080	25,660
1872	52,078	13,689	65,767
1873	112,196	23,603	135,799
1874	268,574	41,644	310,218
1875	396,929	62,334	459,263
1876	517,708	50,924	568,632

'The directors consider that they would be justified in recommending a dividend at the rate of six per cent. per annum, but prefer to leave the decision in the hands of the shareholders. Such a dividend would enable them to carry to the reserve fund £2,451 7s. 8d. A dividend at the rate of five per cent. would increase the reserve fund to the extent of £6,911 14s. 4d.

'To obviate as far as possible the unusually high prices of bricks, the directors entered into arrangements for making a large quantity from clay taken from the open space at Queen's Park, which produced nearly 4,000,000 bricks, the cost of which, as compared with the ruling market prices, taken with 10,000 yards of ballast, effected a saving of nearly £4,000. Another element to be considered is, that £120,000 has for a portion of the year been unproductive of revenue, so that the profit earned is proportionately larger than may at first sight appear by a mere cursory perusal of the balance sheet.

'There have been 800 houses built in 1876, being double the number erected in any previous year, and affording accommodation for nearly 5,000 persons. Applications for houses come in so fast that it is quite impossible to meet the demand, and if the Company had cottages sufficient for a population of 100,000 there would be no difficulty in securing an ample number of tenants. Over £70,000 worth of property has been purchased by the residents on the Company's estates.

'The records of mortality on the Shaftesbury Park Estate have been analysed by an actuary with this interesting result, that the estimated number of deaths, according to the English life table, would be 194, whereas the actual mortality experienced was only 100.

'During the year the directors have been concentrating their efforts mainly upon Queen's Park, so as to get a considerable number of houses erected for sale and occupation, and thus render the outlay already incurred productive to the shareholders.

'In consequence of representations made to the board by several shareholders, the directors, after lengthy inquiries, and the most careful consideration, came to the conclusion that it would be advisable to make provision for the large working population residing in the East-end of London, and entered into treaty for the purchase of the Cann Hall Estate, comprising sixty-one acres of land, situated at Stratford New Town. The estate is in a densely-populated neighbourhood, within a mile of five railway stations, and is admirably adapted for workmen's dwellings, which, indeed, are greatly needed in this locality. On this subject the directors request the attention of the shareholders to Mr. Marr's report and valuation.'

Earl Fortescue, Mr. Mocatta, the Hon. D. Fortescue and the Hon. Evelyn Ashley, M.P., wished to know how it was they had received no notice calling the meeting.

MR. SWINDLEHURST said that notice of the meeting had been sent to every shareholder. The cause of the non-arrival of some of the notices was, no doubt, due to the fact that shareholders had changed their addresses without notifying the same to the Company.

MR. WOOD (chief clerk) assured the meeting that without excep-

tion every name as it stood on the share ledger had been taken. He was convinced there was not one omitted.

On the motion of the chairman, the minutes of the last meeting were confirmed.

The CHAIRMAN—Now, ladies and gentlemen, it is my duty to propose the first resolution—to move the adoption of the report and balance-sheet, and to recommend a dividend of six per cent. per annum for the past year. I may say that with regard to the course which the directors thought fit to pursue on the present occasion, in the report the directors have stated that ‘they consider they would be justified in recommending a dividend at the rate of six per cent. per annum, but prefer to leave the decision in the hands of the shareholders.’ Now, upon that issue, we appealed to the shareholders at large, so far as the country was concerned, and, I may just state, in answer to that appeal, that we have received answers which represent 2,077 votes, representing £190,000, in favour of the directors. Last year, when I rose in this place, I stood in the presence of a very considerable company—this year I feel that there is no reason for the anxiety which then existed, because the principle which was then debated was practically decided, and the question whether the Company should be transformed into a tontine, or whether the profits of the Company, as estimated, should be divided as dividend, was practically settled by the meeting, in the discussion which then took place. We were continually reproached that we made room for a sort of West-end population at Shaftesbury Park, and that also at Queen’s Park we had not really provided for those who most wanted the accommodation we offer—a class of persons who form the majority of the residents at the East-end of London. I went to the East-end of London, and I found the rentals very much in excess of what I expected, and not only that, but also a perfect disregard of sanitary conditions on the part of the landlords, who left the tenants to do everything, but who were quite unable to do what was expected from them. I found more particularly the drains, the cisterns, the water supply, and so on, very defective indeed. There were cisterns outside the houses in positions exposed to dust and dirt, and all kinds of accumulations of impurities, and no arrangements for the covering in of those places. The landlords refused to make them. In the same way the supply of water to the closets was very inefficient indeed—the state of the East-end generally very unsatisfactory from a sanitary point of view. More than three months were occupied in our consideration and discussion of this question, and we found that there was only one piece of land with a road frontage between Stratford and London on that side of the city. We heard fabulous prices were asked for land in that direction, but we succeeded ultimately in purchasing an estate upon terms which, as Mr. Marr certifies, are very fair and reasonable. The total charges of management upon this Company amount to about three per cent. I venture to say that there is no Company of a corresponding magnitude which can point to any such small factor in its total expenses of management. While this is so, and while I have to rejoice that I am surrounded by gentlemen on the board who have taken this matter up more from a sincere and deep interest in the subject they have at heart than from any other motive, many of them comparatively unknown men who have now for about ten years devoted themselves to this enterprise; and while I see before me such a large number of proxies which represent in fact the votes of the shareholders at large, I cannot feel other than proud of the position in which I find myself to-day. Under these circumstances I now beg to move the resolution which I have put before you.

Mr. A. A. WALTON (the deputy-chairman)—Ladies and gentlemen, I beg to second the motion for the adoption of the report and balance-sheet, and the payment of a dividend of six per cent.

The Rev. Mr. LE BAS asked what was the state of affairs at Shaftesbury Park Estate. The estate was finished, or nearly so. The directors knew what they had spent on it, and there ought to be no difficulty now in telling the shareholders what it would bring in, and how they stood generally with regard to that property.

Mr. E. O. GREENING, in defending the policy of the directors,

said their present capital was £517,000, and £120,000 was not yet brought into use. Deducting that £120,000 from £517,000 they would find that something like £397,000 represents the amount which has already been fixed in property, not only in the Shaftesbury Park Estate, but in the other estates, and as their rentals were something like £19,000, upon that £397,000 they would find they made six per cent. on the property.

Questions were put by Dr. Heaton, the Hon. Evelyn Ashley, M.P., Mr. Mocatta, the Hon. Mr. Fortescue, Lord Fortescue, the Rev. Mr. Baker, and other shareholders, and replied to by Mr. Swindlehurst and Dr. Langley, who, in concluding his remarks, said Mr. Ashley objected to large dividends as attracting capital. Upon a previous occasion when Mr. Ashley spoke at the annual meeting, he alluded to the fact that certain names had been put before the country, and had been the means of their getting five-sixths of the capital, or something of that sort. It was very clear, from the experience of last year, that that was not the case. At the previous annual meeting Mr. Ashley objected to certain names being used for the purpose of getting capital, and he now objected to the directors making use of the other alternative. (Hear.) With regard to the question of agency, it had been the means of bringing a large amount of capital to the Company, so necessary to the development of their operations, and the directors must ask the shareholders to leave that question to some extent in the hands of the board, and they would deal with it to the best of their ability. (Cheers.)

After a few further observations, the Chairman put an amendment that the dividend be five per cent., which was lost by a large majority.

The Hon. Mr. FORTESCUE then moved the following amendment:

‘That it appears from the statement made to the meeting, in the absence of a distinct capital and reserve account in the report, that a dividend of six per cent. has not been realised out of profits during the past year, but that a portion of the sum would have to be taken out of capital: resolved that the dividend now declared be limited to four per cent.’

Which having been seconded, Lord FORTESCUE alluded to the fact that no amount was set aside for repairs. (A Voice: ‘New houses don’t require any.’)

The CHAIRMAN protested against the hon. shareholder’s observations, and did not accept his amendment as an accurate statement of facts. He then put the amendment, which was lost, only a few votes being given for it.

Mr. PEARCE, in moving that no dividend be declared, called attention to the fact that the dividend, if declared, would be paid out of capital. He cited figures showing that while the building operations of the Company appeared from the valuations made to be profitable in the early stages of developing an estate, yet, as they progressed, the apparent profit diminished. In proof of this he cited figures showing what the result had been each year in the Shaftesbury Park Estate. He called attention to the urgent need of a substantial repairs fund to equalise the cost of repairs and keep the property in a sound condition. He showed that the houses let on the Shaftesbury Park Estate only produced a net return of four per cent. on the outlay. He urged, amidst derisive laughter, the appointing of an investigation committee, stating that many matters connected with the management required looking into.

The CHAIRMAN—If any gentleman will second that, I think we shall have arrived at a point below which we cannot go. (Renewed laughter.)

Mr. MOCATTA seconded the motion, and thought that if a committee of investigation were appointed it would be for the benefit of the shareholders.

This amendment was also lost, a minority of nine voting for it.

The motion for the adoption of the report was then put and carried with five dissentients.

A resolution enabling the directors to declare an interim dividend to the 30th of June not exceeding five per cent. was adopted.

Mr. HILTON proposed, and Mr. LE BAS seconded the re-election of the retiring directors, Mr. James Ruffell and Mr. John Shaw Lowe.

The motion was carried with one dissentient.

On the motion of Mr. Greening, seconded by Mr. Holdship, the sum of £600 was awarded the directors.

The CHAIRMAN proposed a vote of thanks to Mr. Swindlehurst and the other officers of the Company, which was seconded by Mr. BOTLY and carried.

Mr. SWINDLEHURST briefly replied.

Messrs. Chadwick and Co. and E. O. Greening were then elected auditors.

MR. MARR'S REPORTS.

Mr. Marr's reports for the year 1876 were especially voluminous, and as they were the last made by him, it may be useful to make such extracts from them as will show the then condition of the estates :

Shaftesbury Park Estate.

After fully describing each street and road on this estate, he gives the following :

'Summary for 1876.

Erected and let	33 houses.
Erected and nearly completed	25 "
Finished	142 "
In course of erection and very advanced	14 "
Commenced	9 "

TOTAL 223 houses.

'Together with the permanent stores erected on No. 225, Eversleigh Road; the masonic hall and shops in course of erection on central hall site; and the estate office and shops very advanced on the same site.

'Summary of Houses on the Estate.

Latchmere Road	21
Elsley Road West	92
Sabine Road West	68
Eland Road	43
Kingsley Street	65
Eversleigh Road	195
Ashbury Road	82
Grayshott Road	77
Holden Street	56
Brassey Square	19
Morrison Street	48
Sabine Road East	79
Elsley Road East	106
Birley Street	41
Tyneham Road	118

TOTAL 1,110

Of which there are—

Finished and let	1059
Nearly completed	28
Roofed in and commenced	23

TOTAL 1,110

As against 1,032 in my last report, of which 893 were finished and let, whereas 1,059 are now finished and let.

There are now only remaining about 400 feet of building frontage, including the remainder of central hall site, but excluding Brassey Square, which I am informed will still be retained as such.

My valuation of the whole of the before-mentioned property [including the undeveloped land] (exclusive of the building materials now upon the estate, which I have not taken into account, as I am informed they have been separately valued by the Company's architect) is THREE HUNDRED AND THIRTY-TWO THOUSAND SEVEN HUNDRED AND TWENTY-FIVE POUNDS TEN SHILLINGS.

Queen's Park Estate.

Mr. Marr reported that :

'About thirteen acres at the eastern end, and about eleven acres at the western end of the estate have been laid out in avenues

and streets, and houses of first, second, third, and fourth classes have been erected and let, and others are in course of erection.'

After fully describing the stages of progress in which he found the buildings, he gives the following

'Summary.

	1st	2nd	3rd	4th
FIRST AVENUE—East	34	...
" " End	5
" " West	19
A STREET " North	16	...
" " South	18
B STREET East	19
" " West	19
C STREET North	15	11	...
" " South	24	...
SECOND AVENUE—East	19
" " West	29	...
THIRD AVENUE—East	29
" " West	8
" " West	8
D STREET North	18
E STREET North	27
" " South	20
F STREET North	27
" " South	22
FOURTH AVENUE—East	8
" " East	8
KILBURN LANE	41	...
" " " "	14	...
D STREET (cond.)—West	32	...
" " " "	6	...
I STREET North	7	8	...
" " South	9
O STREET West	30	8	...
" " West	11	...
" " North	8
" " East	28	...
P STREET East	6	...
" " South	24
KENSAL GREEN—Shop	1
" " Houses	12	...
TOTALS	32	260	280	76

Namely :

First class	32
Second class	260
Third class	280
Fourth class	76

TOTAL 648

Subdivided as follows :

Let, and to a great extent occupied	298
In course of erection, and some considerably advanced	301
Carried up to ground floor ceiling	38
Carried up seven feet	11

TOTAL 648

'In addition the foundations for nineteen other houses have been concreted, and thirteen for shops commenced.

The area occupied by these houses, and the roads belonging thereto, is about twenty-four acres, leaving about fifty-six acres remaining for building purposes.

The estate comprises the following items of value, namely :

The land upon which the 648 houses and shops are erected and in course of erection, also that for the nineteen concreted, and the thirteen commenced foundations.

The 298 houses let, and to a great extent occupied.

The 301 houses in course of erection, and some considerably advanced.

The thirty-eight houses commenced and carried up to ground floor ceiling.

The eleven houses commenced and carried up seven feet.

The nineteen and thirteen foundations.

3,700 feet lineal of brick sewer, and 5,800 feet lineal of twelve-inch pipe drain, already laid in readiness for future houses.

The very extensive ranges of workshops and stores, sheds engine houses, and out-buildings.

'The clerk of the works, office and buildings adjacent.

'The land agreed to be sold to the School Board.

'The fifty-six acres of land, including the whole of the Harrow Road frontage of about 2,200 feet still remaining and being laid out for building.

'My valuation of the whole of the before-mentioned property [including the undeveloped land] (exclusive of the building materials and plant now upon the estate, which I have not taken into account, as I am informed they have been separately valued by the Company's architect) is TWO HUNDRED AND THIRTY-SIX THOUSAND SEVEN HUNDRED AND FORTY-SEVEN POUNDS SEVEN SHILLINGS AND SIXPENCE.'

Of the Cann Hall Estate, Mr. Marr reported that he considered it well worth the £48,850 agreed to be paid for it.

III.—THE INVESTIGATION.

MR. PEARCE finding that no reference to his views as expressed at the meeting was made in the report of the meeting circulated by the directors, and that the agents were taking active steps to increase the share capital, determined on calling an Extraordinary General Meeting, and with that view he drafted the following requisition:

'To the Directors of the Artizans', Labourers', and General Dwellings Company, Limited.

'GENTLEMEN,—

'We, the undersigned shareholders, hereby request you to convene an extraordinary meeting of the members of the Company for the purpose of considering the adoption of the following resolutions:—

'I. That a committee of investigation, consisting of eight shareholders, be appointed to inquire into

- The financial condition of the Company.
- The purchase of the estates.
- The cost and qualities of materials used in building.
- The methods pursued in building.
- The condition and prospects of each of the Company's estates, and
- Such other matters relating to the general business of the Company, as they may deem necessary.

'II. That such committee be now appointed.

'III. That the meeting adjourn until this day two months.

'We also request that the meeting be convened in a building sufficiently spacious to accommodate the shareholders, and that as soon as the place of meeting has been selected and the date fixed, we may be informed thereof.

'We are, gentlemen, yours, &c.'

Some eighteen shareholders signed the document, amongst whom were:—The Right Hon. Sir Fitzroy Kelly, Knt., (*Lord Chief Baron*); The Right Hon. Earl Fortescue; The Right Hon. W. F. Cowper-Temple, M.P.; Hon. E. A. Ashley, M.P.; Sir Nathaniel M. de Rothschild, M.P.; Lord Frederic C. Cavendish, M.P.; Samuel Morley, Esq., M.P.; Ernest Noel, Esq., M.P.; C. M. Palmer, Esq., M.P.; F. D. Mocatta, Esq.

MR. PEARCE'S STATEMENT.

The memorial was deposited at the offices of the Company on the 2nd of May, 1877, and on the same day Mr. Pearce posted to the whole of the shareholders a 'Statement' which he described as being an amplification of the information laid before the meeting held on the 3rd of March, issued with a view of making the shareholders acquainted with the position of the Company. The writer was much struck with the two leading characteristics of the meeting—(1) its composition; a large proportion of those present being either *employés*, small contractors, persons supplying goods, or connections of the management; and (2) the conspicuous absence of any representative of the Press, and this from the meeting of a company whose very life-breath has hitherto been *publicity*. He has written under the disadvantage of giving the information from the outside, having to rely upon data hastily culled and gathered together; but he vouches for its accuracy in the main, although minute inaccuracies in some of his figures may have crept in.

In the 'Statement,' Mr. Pearce said:

'Having examined the matter for myself, and reached the conclusions that the policy of the board is an unsound one, and that the "estimated" profits are not likely ever to become "realised" ones, I took the opportunity of placing my views before the so-called meeting of shareholders on the 3rd inst., when I moved as a resolution, "That no dividend be declared." As my statements and remarks are not given in the report of the meeting issued by the directors, I deem it to be my bounden duty to take other steps to bring the matter before you.'

After showing that only 4 per cent. was earned as rentals by the various estates, he gave the cost of Shaftesbury Park and Queen's Park Estates, at various periods, as against the valuations—

'The shareholders had frequently asked for this information, but until I gave it at the meeting, it was never forthcoming. The chairman promised Mr. Williams at the meeting last year that it should be given this year; the balance-sheet, however, may be searched in vain for it.'

Cost of Shaftesbury Park.

	£	s.	d.		£	s.	Estimated Profit Divided.	Percentage of Profit.
1872 Land purchased for ...	28,350	0	0	Mr. Marr's Valuation, Dec. 31, 1873	130,922	0		
1872-3 Expended upon it ...	68,929	14	0	Discounted by ...	12,000	0		
	97,279	14	0		118,922	0	£ s. d.	
1874 Expended upon it ...	92,131	3	3	Valuation incr. by ...	92,313	0	118 16 9	Just over 22 p. c. on gross outlay.
	189,410	17	3	Davis and Emanuel	211,235	0	21 824 2 9	11½ p. c. on gross outlay.
1875 Expended upon it ...	80,513	6	8	Valuation incr. by ...	86,189	0	5,675 13 4	7 p. c. on year's expenditure
	269,924	3	11	Mr. Marr's Valuation	297,424	0	27,499 16 1	10½ p. c. on gross outlay.
1876 Expended upon it ...	32,348	5	1	Increased by ...	35,301	10	2,953 4 11	9 p. c. on year's expenditure
	302,272	9	0	Mr. Marr's Valuation	332,725	10	30,453 1 0	10 p. c. on gross outlay.

Summary of Cost to end of 1876.

	£	s.	d.
Land ...	28,350	0	0
Labour ...	114,577	9	3
Materials ...	156,795	18	7
Surveying ...	1,821	15	6
Building Water Rate ...	62	16	0
Legal (Drainage) ...	524	9	8
Drainage (Surveying) ...	140	0	0
	£302,272	9	0

Cost of Queen's Park Estate.

	£	s.	d.		£	s.	Estimated Profit Divided.	Percentage of Profit.
1874 Land pur. for ...	57,512	0	0	Mr. Marr's Valuation	76,000	0		
Expended upon it ...	19	17	11	Discounted by ...	9,300	0		
	57,531	17	11		66,700	0	£ s. d.	
1875 Expended upon it ...	13,562	11	7	Valuation incr. by ...	27,818	15	9	14,256 4 2
	71,094	9	6	Mr. Marr's Valuation	94,518	15	9	23,424 6 3
1876 Expended upon it ...	122,749	0	3	Valuation incr. by ...	142,228	11	9	19,479 11 6
	193,843	9	9	Mr. Marr's Valuation	236,747	7	6	42,903 17 9

Summary of Cost to end of 1876.

	£	s.	d.
Land ...	57,512	0	0
Labour ...	46,871	6	0
Materials ...	79,550	18	0
Water Rate ...	52	17	1
Surveying ...	1,230	2	8
Petty Cash ...	93	0	0
*Brickmaking ...	3,020	0	11½
Tramway ...	1,213	4	9½
Drainage ...	4,300	0	0
	£193,843	9	9

* It is upon this item that a profit of £4,000 is professed to have been made.

'I contend that the Queen's Park Estate is now relatively, in point of development, just where Shaftesbury Park was when its "estimated profits" stood at 22 per cent., and that, in view of the fact that when the Shaftesbury Park is almost completed it only shows 10 per cent. of "estimated profits," it is in the highest degree dangerous to divide more than 10 per cent. profit upon the Company's building operations, unless that profit has been realised. It is clear that these "estimated profits" are deceptive, and that as an estate progresses towards completion they become "small by degrees and beautifully (?) less."

'The future decline of "estimated profit" upon the Queen's Park can be hidden, but *only for a time*, in the "estimated" results of early operations upon the Cann Hall Estate. *And it will be for the Shareholders to determine whether or not this disastrous policy shall be further continued.'*

After showing that in the face of things a deficiency of over £20,000 existed, and intimating that in his judgment the actual deficiency was much more, Mr. Pearce gives the following estimate by which the value of Shaftesbury Park Estate was tested:

'Now that this estate is nearing completion, it is within the capacity of a layman to arrive at an approximate idea of its value, provided he can obtain correct information as to the number of each class of house, and the market value of the same. I make two calculations: one being based upon the average prices realised for houses sold; and the other upon the increased prices at which they are now offered, as obtained from the estate office on the 21st ult. Mr. Marr informs us that the number of houses completed and in course of erection upon the estate, is as follows:

Finished and occupied	1,059
Nearly completed	28
Roofed in, etc.	23
			<hr/> 1,110

'For the purposes of this calculation I will assume that they are all finished.

'Value based on Average Prices Realised.'

No of Houses.	Class.	Price.	Total.	Ground Rent per House.	Annual Value of Ground Rent.
		£ s. d.	£ s. d.	£ s. d.	£ s. d.
78	1st	315 0 0	24,570 0 0	4 4 0	327 12 0
218	2nd	260 0 0	56,680 0 0	3 15 0	817 10 0
490	3rd	200 0 0	98,000 0 0	3 3 0	1,543 10 0
319	4th	180 0 0	57,420 0 0	2 12 0	829 8 0
5	Shops	400 0 0	2,000 0 0	5 0 0	25 0 0
			<hr/> 1,110		<hr/> £3,543 0 0
			£238,670 0 0		
			<hr/> Ground Rents at 20 year's purchase 70,860 0 0		
			<hr/> £309,530 0 0		

'It becomes very doubtful whether any profit at all has really been made upon the Shaftesbury Park Estate building speculation.'

'In commenting upon the expenses of management Mr. Pearce said of the estate agencies:

'The estate agency arrangement is a most objectionable and unsatisfactory one. The commission paid (5 per cent.) is excessive, and we, the auditors, pointed this out to the manager last year, when he promised that it should be reduced to half the amount, but this was not done. It is obvious that these expenses might be reduced by two-thirds, and the only satisfactory arrangement would be for the department to be in the hands of salaried officers, more immediately under control and supervision than agents can possibly be.'

Mr. Pearce pointed out that the weak point would be found in the purchase of materials, and said:

'I have carefully examined the invoices, especially those of Mr. S. L. Frankenberg, who appears to be the "general purveyor to the Company," and I am strongly of opinion that the best markets are not resorted to.'

The differences of the price received by the vendors and their cost to the Company of the London Estates were pointed out, and in conclusion Mr. Pearce said:

'It would be easy to lengthen this communication, as the subject of it is by no means exhausted; but I feel that enough has already been said to rouse the proprietary to united action in demanding a full inquiry into the condition of the Company; and my hope is

that, as a result, the institution will be placed on a sound, secure, and satisfactory basis.'

DR. LANGLEY'S CIRCULAR.

On May 5th Dr. Langley issued a circular, in which he promised a reply to Mr. Pearce's allegations, and said:

'The author of the pamphlet has no money* invested in the Company, and he had always expressed his approval of the financial position and policy of the directors.'

On the 9th Mr. Pearce replied, emphatically denying Dr. Langley's statements.

THE COMMITTEE TO PROMOTE AN INVESTIGATION.

On the 12th of May, the Hon. E. Ashley, the Hon. Dudley Fortescue, Mr. Morley, Mr. W. Powell, Mr. Mocatta, Mr. Wooster, Mr. Mayo, and others, met at the Westminster Palace Hotel, and resolved themselves into a committee, with Mr. Pearce as Hon. Secretary, to promote an investigation, when they decided to issue proxies to the shareholders, which were sent out accordingly.

REPLY OF DIRECTORS.

It was not until the 27th that the directors issued their promised reply, which was accompanied by a notice, calling an extraordinary meeting for June 2nd.

In their 'Statement' the directors say:

'The members of the board are sensible that not only are they, as it were, upon their trial, but that only the most searching investigation, followed by the strong expression of the feeling of the shareholders, can put an end to a state of things which can only be productive of loss to the Company. . . .

'The circumstances under which we consider it necessary to address you, and call a special general meeting of the Company, are briefly as follows:

'(a) A requisition signed by certain noblemen and gentlemen—Mr. Evelyn Ashley's being the first name on the original document—requesting us to call an extraordinary, or special meeting of the Company.

'(b) A pamphlet issued under the name of Mr. John Pearce, by the influence of the statements contained in which some (if not the majority) of these signatures were obtained.

'(c) Supplementary slips and circulars issued by the same person then or since. . . .

'The author of the pamphlet having been referred to as a person "who had no money invested in the Company," characterises this allegation as a direct falsehood, and points to the fact that his name appears on the register of the Company as the holder of five shares on which a sum of £25 has been paid. This is a fair specimen of Mr. Pearce's reliability. It is true that his name appears on the register, but he suppresses the essential part of the truth—namely, that he has never paid a single shilling on those shares. We can safely leave the reader to judge where the charge of falsehood lies. . . .

'As to Mr. Pearce's "Estimated Profit Divided," and "Percentage of Profit," it is not necessary to consider, but merely to state that no such profits have ever been divided; and as to the increase in the valuation, it is only necessary to recapitulate from the published reports the various works done in each year to show the sound basis of such increase. . . .

'The prices of materials are matters on which Mr. Pearce exercises considerable ingenuity. His insinuations are as malicious as they are mendacious, and we venture to think that such imputations repeated as matters of mere report, but calculated to wound and injure persons indicated, but not named, are as cowardly in the writer as they are cruel to those against whom they are directed. . . .

'The persons acting behind Mr. Pearce suggest that a committee of investigation should be appointed. The directors demand that such an investigation of the most searching and final character shall be made. But they demand that this investigation shall be conducted by an unprejudiced committee of parties most deeply interested in the welfare of the Company, and that they shall be assisted by persons of high position in all departments in the building and allied trades, so that they may not be misled or misdirected by interest or personal animus. And, in fact, the directors propose:

'(1) To court the fullest investigation such a committee may require.

'(2) That, with a view to secure perfect impartiality, accom-

* On the 4th of July Dr. Langley wrote Mr. Pearce as follows:—
'Although I think you have used me rather unfairly, I am not the less willing to acknowledge that the statement made by me, to the effect that you had not a single shilling invested in the Company, was not accurate. In making such statements I relied upon information frequently repeated, and which I accepted, perhaps, without the proper amount of personal examination. I regret that this has occurred, and I beg you to accept this regret.'

panied by due responsibility, the committee shall consist of eight of the largest shareholders who will accept the nomination, excluding all persons who may have openly committed themselves to the disputants on either side.

'(3) To place in the hands of such committee the conditional resignation of the whole of the directors and of the manager and secretary, so that the committee may, if they think it desirable, reconstitute the management without delay or impediments.'

The directors concluded their 'statement' by appealing for proxies.

THE PROXIES OBTAINED.

The numbers of proxies entrusted to the several parties were as follows :

	No. of Shareholders.	No. of Votes.	Amount of Capital Represented.
Entrusted to committee	844	2873	245,100
Revoked after the issue of directors' reply	96	400	35,640
Proxies held by the committee			
June 2nd	748	2473	209,460
Proxies held by the board,			
June 2nd (not known)		1245	114,027
Majority held by committee	—	1228	95,433

EXTRAORDINARY MEETING.

On June 2nd the proceedings of the meeting were characterised by great unanimity. The directors yielded the point as to the composition of the committee. Certain gentlemen were selected, and these had power to add to their number from the largest shareholders of the company.

THE INVESTIGATION COMMITTEE AND ITS REPORT.

The committee, when completed, consisted of:—Hon. Evelyn Ashley, Mr. Thos. Brassey, M.P., Rev. G. G. Cutler, Mr. H. E. Droop, Rev. Henry V. Le Bas, Mr. F. D. Mocatta, Mr. S. Morley, M.P., Mr. Ernest Noel, M.P., Mr. C. M. Palmer, M.P., Rev. W. H. Plummer, Mr. W. H. Stone, and Mr. John Kempster, who acted as honorary secretary to the committee.

On June 30th (Saturday) Mr. Swindlehurst resigned his position as secretary and manager to the company; and on July 2nd he was apprehended on warrant, issued at the instance of the investigation committee. On the same day the chairman of the committee was informed that the board had passed the following resolution :

'That, with a view to give the committee of investigation the fullest opportunity of dealing with the present critical position of the company, and carrying out such reforms as they may think fit, steps be taken to elect on the board the nominees of the committee of investigation; and that, with this view, three members of the board, selected by ballot, shall resign to the three remaining members, who shall elect to the vacancies thus created three nominees of the investigating committee. That, upon such board being constituted, the three remaining members of the old board shall then retire, leaving the three new directors to fill up the vacancies so created.'

The committee, in their report, say :

'However unwilling we were to accept the great burden and responsibility thus suddenly thrust upon us, we again felt that, under the circumstances, our duty to the shareholders forbade our declining the task.

'In accordance, therefore, with the proposal of the board, we sent in the names of Mr. Noel, Mr. Le Bas, and Mr. Droop, to be elected by the remaining directors, who, in their turn, made way for three other members of our committee, namely, Mr. Samuel Morley, Mr. Mocatta, and Mr. Ashley. All the other members of the investigation committee were, however, invited to attend the deliberations of the new board until after the holding of the adjourned meeting, at which our report is to be submitted to the shareholders.

'We must begin by stating broadly that *we are satisfied that the allegations contained in Mr. Pearce's pamphlet are, in the main, correct*, and most of his statements have received ample corroboration. We found that the board appeared to have systematically abnegated their proper functions by leaving almost everything to the secretary and manager. No tenders for the supply of materials seem

to have ever been called for, but contracts were made privately by the secretary and manager, without, until the last few weeks, being submitted to the board. A very great quantity of goods required were bought of one man of the name of Frankenberg, who, by trade a dealer in glass, supplied the company with a great many other articles which might have been far more cheaply bought from the wholesale dealers themselves. The prices actually charged to the company have been most exorbitant. . . . We believe that this excess of price represents nearly £20,000 out of an expenditure, under these branches, of £50,000.

'As to the land purchases, the directors, in their answer to the charges made against them by Mr. Pearce, thus referred to the fact of the purchases having been made, not direct from the original vendors, but in each case from a middle man:—"The estates of the Company having been valued at higher prices than those actually paid, it would seem to be a very far-fetched insinuation to impute any dishonourable motives to the parties concerned. The custom of estate agents engaged in buying and selling land is well-known, and no one would expect them to engage in such transactions without realising profit. The Company has no reason to complain if it has obtained value for the money paid."

'Beyond the fact of the same person having occupied the position of middle-man in each transaction, the committee had no materials to guide them in forming a judgment upon the *bona fides* of the transactions connected with those intermediate sales, and the whole of the arrangements were so carefully made that there was no little difficulty in getting behind them. The committee entrusted the investigation of this part of the business to Messrs. Ashurst, Morris Crisp and Co., and in a few days strong evidence was obtained of complicity against the principal officer of the Company, who suddenly sent in his resignation.

'The further evidence since unfolded has implicated other parties connected with the company in these transactions. . . . It is abundantly clear, as may be gathered from Mr. Waterhouse's report, that, dividends have been mainly paid out of the money subscribed for capital, while, at the same time, that capital was being invited and obtained from the public on the ground that those dividends had been earned; and that if the irregularities and waste which have already absorbed so much of the Company's capital had been allowed to continue much longer unchecked, the financial ruin of the Company must inevitably have followed.

'We strongly recommend that the capital and revenue account should for the future be kept entirely distinct, instead of being intermixed as heretofore. The number of directors should also be somewhat increased, so as to allow of committees being formed for the various branches of business.

'We did not think it necessary to go to the great expense of a new valuation of the Company's estates, as it could not, in any important degree, modify the results of our investigation.'

THE SURVEYOR'S REPORT.

MR. CHATFIELD CLARKE, surveyor appointed by the investigation committee, said in his report :

'With respect to bricks, a very large number are being made on the estate by a contractor, but they are not of such a quality as will do for facing the walls of the houses externally; throughout the property, from their inferior quality, they seem to have been treated as of little value, and have been left lying about the estate, and wasted in a manner not at all justifiable. . . .

'The bricks used throughout at the Queen's Park are a rough class of stocks, and the workmanship is by no means of the best character.

'The stock of timber on the works is mostly of fair quality, but some that I have found in course of delivery on two or three of my visits is decidedly inferior, most of it sappy, wany-edged, and coarse in quality.

'As to the character of the stoves, ranges, rain-water pipes, and the like, *the metal is thin, and the castings coarse and rough*. The locks, too, though showy externally, are of common make; and this remark applies to sash and other fastenings. The painters' materials, such as white lead, varnish, and putty, are, and have been, supplied of inferior quality; though some recent supplies have been of better quality. The proof of this is in the condition of parts of the external wood and other work which are comparatively bare of paint, which has peeled off already from the wood in many cases. The papers supplied are cheap and common, and the glass is of inferior quality. . . .

'The works are executed from the foundation upward on a system of labour contracts.

'The foundations of the houses are laid on a very slight bed of cor-

crete, upon which the brickwork follows, and here the evil of the labour contract system is shown; for in order to get through the work rapidly, it is left in a rough condition, involving much more material, and even a much rougher finish is given to the plastering than is desirable, to make up for the want of care on the part of the bricklayer. The fronts are pointed at a later stage and part coloured. . . .

'The roof rafters have in many cases sagged already, and the ceiling joists are weak, and the roofs are defective from the omission of flashings with the junction of the raking roof with the party walls, filletings only being substituted. At the Shaftesbury Park estate I found an extensive repair of roofs going on, partly from this very circumstance and the liability of frost to bring off the filletings. . . .

'The floorings to the houses throughout are thin, as also the enclosures, and much of the material being used in plastering is coarse. . . .

'The plumber's work is of common description, and cannot fail to want renewal, I fear, at no distant date. . . .

'The experience of those who have dealt with this class of property is, that even when the work has been executed with great care, a large margin must be left for repairs and other outgoings consequent on a change of tenant, arising from the classes with which you have to deal. . . .

*'The cost of materials is unduly high, and obtained through channels in some trades where competition seems to have been excluded; the workmanship and materials are of common description, entailing, I feel confident, a heavy cost for repairs in future years on the estates.'*¹²

(To be continued.)



HYGIENE.

THE NATIONAL HEALTH SOCIETY.—THE WRONGS OF LONDON SHOPWOMEN.

LECTURE BY DR. EDIS.

A DRAWING-ROOM lecture on 'Counter-seats for shopwomen' was delivered on the 20th inst., at 23, Hertford Street, Mayfair, under the auspices of the National Health Society, by Dr. Edis. The lecturer explained that a public communication, in which he drew attention to the circumstance that the young women who were employed as assistants or shop-girls were prohibited from sitting down during the hours of business, generally eight o'clock in the morning until six, seven, or eight o'clock in the evening (except the brief intervals allowed for dinner and tea), a custom very prejudicial to the well-being of many of the young women, was met by some denials in the West End. He did not, however, see why a few of the leading firms who professed to give the relief should endeavour to crush his attempt at reform. He did not intend to include such princely firms as replied to him. But the fact must still be maintained that there was a great need for reform. The public themselves could easily verify the statement, that at establishments where

hundreds of young women were employed not a single seat was provided for their convenience. It was quite possible that a medical officer might be attached to one of the large drapery establishments for years and yet not be aware of the amount of suffering that was endured by many of the young women, who had possibly been assistants in the same establishment for an equal length of time. The assistants well knew that if their names appeared too often on the sick-list their term of office would soon expire. There was little idea of the amount of suffering endured patiently and uncomplainingly by many of these young shopwomen, who endeavoured, by every means in their power, to conceal their ailments for fear of being dismissed—ailments, in the large majority of instances, the inevitable result of the incessant standing from morning till night, the hurried meals, and improper ventilation. He had been told by many that they often lay in bed the whole of Sunday, with the object of resting, so that they might not break down altogether. In a drive on a Saturday night, between ten o'clock and midnight, through the West End, over to the Elephant and Castle, through the Borough, and back to Oxford Street, he saw many drapers' shops open, and in many of them female assistants standing. Now, however, that the question was brought forward there was some difficulty in procuring direct testimony from assistants themselves. The answer was usually, 'I dare not,' and sometimes, 'I will not.' It had been said that the evil was past and did not exist, but he read several letters to show that this was not so. One said, 'If any of us are ill and unable to go into business, we have to send word to the housekeeper, and remain in bed till the doctor of the establishment has made his visit. Unless we happen to be popular among the other assistants, and some of them manage to come up for a few minutes, we are left entirely to ourselves during the whole day.' He would not, however, go further into that matter, as the present question was the *standing evil*. Another letter stated that there was much suffering from long standing, sitting being strictly prohibited during the hours of business in many of the large as well as small drapery establishments. Again, another was: 'If we are not down by 7.55 a.m., we have no breakfast; and I have stood till 1 p.m. without food. When the bell rings at 1.20 we have to leave the room, whether we have finished or not. Unless we do so, we are fined one shilling, this rule being fully enforced. Supper is ready from 7 till 7.30, and after that time, although detained in business, none was given us unless we had a written order from one of the firm, and if kept in to mark off goods, none was given us till we had finished, which was often as late as 9.30. The housekeeper here was an old friend, and took no notice of us, save to bully. Seats are not provided here, and if found sitting we should be fined and eventually dismissed. I have lived in five West End houses, and the same applies to them all more or less, as in every house we are likely to be dismissed at a moment's notice, and in case of illness one day's money was kept at the month's end.' They could scarcely be aware of the way in which the shopwomen were fenced round with rules. He had exonerated many houses in the West End, for there was one house in Regent Street where they treated them more as if members of a family than assistants. But he gave as a specimen another large West End house, where they had no less than 90 rules, of which the following were three:—'That

* Messrs. Price, Waterhouse and Co., the accountants, in their report to the investigation committee, say:

'A reserve or depreciation fund of sufficient amount should be at the same time raised in order to meet any general depreciation.'

And on repairs:

'It is difficult to estimate the expenses under this head. After some conference with Mr. Chatfield Clarke, we think it may be taken that the net rentals of the Shaftesbury Park Estate, after allowing for repairs, empties, rates, and all outgoings, will prove sufficient to pay about 4 per cent. upon the outlay, as estimated above.'

the first party go to breakfast at 7.45, and the second at eight o'clock. Any assistant absent for this meal more than 15 minutes will be fined 3d." "That the first party go to dinner at 1.30, and the second at two o'clock. Any assistant absent for this meal more than 25 minutes will be fined 3d." "That the first party go to tea at five o'clock, the second at 5.20, and the third at 5.35. Any assistant being absent for this meal more than 15 minutes will be fined 3d." Every time any one sat down the fine was 3d. The following was the testimony of a medical man:—"From many inquiries of shop-girls themselves, and from, as you well know, a very large hospital experience in diseases of women, I am able to confirm all your statements, and to affirm positively that there is scarcely any form of work that girls are put to so conducive to severe internal disease as prolonged standing about." The agitation for reform in this matter was no new work, but it had still to be pressed on. The objections against the counter-seats were: Firstly, disrespectful to the customers; secondly, leading to the supposition that there was little doing; thirdly, encouraging idleness; and fourthly, obstruction. The fact of a shopgirl rising as a customer entered, he thought, would rather look like an act of courtesy. The truth was, that standing was merely a cruel custom, akin to barbarity. It was trusted that the present airing of the question would lead to reform. Why, it might be said, do not the shopwomen do something themselves? It was feared that no attention would be paid to them, to a large extent. The battle must be fought for them. Trade-unionism among women, with strikes and lock-outs, was not to be desired, but their total inability to plead their own cause effectually was none the less to be deplored. The majority of occupations of women required little skill, and from this they suffered most—from the ease with which their places could be filled. He pointed out how seats could be arranged so as not to interfere with business, and quoted how the work was getting on at Dublin, Glasgow, and other places. The experience of a firm who had adopted the seats, he gave as practical testimony, and this was that the seats had not interfered with the performance of work, or encouraged idleness or waste of time, but, on the contrary, the assistants were able to perform their work with more spirit and expedition.



DIETETICS.

BY VIATOR.

(Continued from page 108.)

BUT the most important, and perhaps the most conclusive, evidence in our favour has yet to be brought forward, this evidence being afforded by a consideration of the digestive apparatus of the different classes or divisions. And, first, with respect to the saliva. The saliva is a fluid, supplied by glands, called the salivary glands. There are three pairs of salivary glands: the parotid, submaxillary, and the sublingual. The

principal uses of this fluid are to augment the taste of the food, by the evolution of sapid matter; to mix with, dissolve, and resolve the food during mastication, so as to change it into a pulaceous mass fit to be swallowed. The herbivora, omnivora, and frugivora secrete more of this fluid than the carnivora; in the latter [the saliva is sour, having an acid reaction, in the former an alkaline reaction, and is without colour, taste, or smell. This acid reaction of the saliva of the carnivora is eminently fitted for dissolving the food whole. But in the case of man, who, it is estimated, will secrete ten ounces of saliva in twelve hours, it will appear evident that the position is reversed. And before this primary agent in digestion can be of service in the human economy, the food must be of such a nature as will admit the action of this 'living fluid;' for unless the saliva can saturate the food, and in a sense dissolve it, it fails to perform its function. Vegetable food contains principally starch, gluten, mucilage, oil, and sugar. These, acted upon by the saliva, furnish carbon and hydrogen to the oxygen of the blood. Animal food contains principally fibrine, albumen, gelatine, oil, caseine, and osmazome. These the saliva of the frugivora, herbivora, and omnivora cannot thoroughly mix with; hence their indigestibility.

The next important agent in digestion is the gastric juice, which appears to be secreted from numerous follicles, separate and distinct from the mucous follicles, and which only discharge their contents when solicited to do so by the presence of nutriment or mechanical irritation. If the food partaken of does not contain the nutriment necessary for the sustenance of the body, the gastric juice is not poured out, according to the law of affinity, upon the food to be digested. The gastric juice of the frugivora will not act completely upon animal food; hence this kind of food is open to two conditions—either to decay in the stomach, or else to pass into the bowels in a crude state, where it causes irritation, pain, or nervous disorders. If the former of these conditions be the result, then the person so eating exposes himself to many maladies, arising from an impoverished system and poisoned blood. But with the carnivora the case is wholly different, since the gastric juice acting upon their food exerts a decomposing influence, which causes it to assimilate with the system.

'But that the food, as generally partaken of by man, is foreign to his nature, will appear plain from an examination of the excretions, and then comparing them with the same products of other animals. The fæces are simply the secretions of the blood which circulates in the colon; but when food of an indigestible nature has been indulged in, this is thrown out, and passes off with the other excrementary products. These indigestible substances are, then, no essential part of the fæces, but something adventitious, which properly should find no place there.

Were there none of these foreign substances taken into the system, the excretions would in no wise be offensive to us. In animals these signs are wholly wanting, showing that man is the only created being who violates the law of his nature. The breath of the flesh-eating man is never so pure as that of the man who follows his natural desires; neither is there that purity of complexion, that sweetness of temper, or that healthy, inoffensive perspiration so characteristic of the fruit and vegetable eater. And no matter how long or frequent the bodily ablutions

are, the whole system seems surcharged with impure matters, the result of indulging a perverted and misdirected appetite.

In conclusion, let us summarise the points of similarity thus noticed. In the frugivora and herbivora we observe blunt molar teeth, well-developed incisor teeth, intestinal canal twelve times the length of the body, colon convoluted, smooth tongue, well-developed salivary glands, millions of perspiratory tubes or pores, alkaline reaction of saliva, and a food suited to those different parts of the bodily structure, and consisting of fruits, grains, and vegetables.

In the carnivora we have pointed molar teeth, slightly-developed incisor teeth, intestinal canal three times the length of the body, colon smooth, rasping tongue, small salivary glands skin without perspiratory tubes or pores, acid reaction of the saliva, small stomach, and a diet, consistent with these adaptations, consisting wholly of flesh.

And when we duly reflect upon the peaceful character, the exemplary conduct, and the natural simplicity of the fruit and vegetable eater, in painful contrast with the fierce, ungovernable disposition and unsettled habits of the flesh eater, we may fairly ask which of the two states or conditions are most favourable to our development as religious beings. We find answer to this in the fact that the eating of flesh inflames the passions, and sets wild the animal part of our nature, besides inducing diseases of innumerable kinds; while the man subsisting on a frugivorous diet is healthy, cheerful, and a most useful member of society.

(To be continued.)

CHICORY IN COFFEE.

M. HUSSON'S INVESTIGATIONS, FROM THE 'JOURNAL D'HYGIÈNE.'

CHICORY contains so much glucose (the peculiar form of sugar in fruits), that by applying burnt sugar to other vegetable substances they readily assume the appearance of chicory. This burnt sugar is the real matter utilised, the vegetable substance is secondary. M. Husson's experiments show that it would be better to use the sugar alone. To give chicory the desired glossy appearance, and to cover the fraud of its mixture with coffee, about two per cent. of butter is added. No object is secured by using fresh butter, as a period of a year or half a year elapses before the mixture is in the hands of the consumer. so rancid butter is employed. It follows, that whoever considers that chicory is a necessary addition to coffee, must be content to absorb about two per cent. of rancid butter, and must expect it to act as an aperient.

To detect Chicory in Coffee.—Coffee absorbs water much slower than chicory. Scatter some of the coffee to be tested on the surface of some water in a glass; if the coffee is pure, it floats; but if adulterated, the chicory sinks at once to the bottom, and colours the water a yellowish brown.

COMPASSION.

'Compassion is a virtue that cannot always be exercised, as in some cases mercy to the guilty is cruelty to the innocent.'

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

'BUILT TO SELL.'—'TO LET, NOT TO LAST.'

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Let me induce you to warn house-buyers to be very careful ere they part with solid sterling for new built airy fabrics which scarce resist a gale of wind, structures which often fall down before completion, but are saddled with long leases, strict repairing covenants and heavy ground-rents. Since the pulling down of so many City, Westminster, Borough, Somers Town, Clerkenwell, Holborn, Shoreditch, Seven Dials, and other ancient buildings for railway and street improvements, these rotten old materials have been freely used in the suburbs, but are so cleverly concealed by the aid of new facing bricks, new thin floor-boards, plaster, paint, sticky varnish and showy paper-hangings, as oftentimes to dupe the unwary and incautious purchaser, who, alas! very soon discovers that cracked window arches, brittle thin window glass, sinking foundations, stopped drains, leaky roofs, shrunk wood-work, shaky floors, falling rotten plaster and stucco, rising damp, smoky chimneys, frost exposed, cheap leaky zinc cisterns, vermin, smells, and other minor evils, sadly try his patience and purse—in short, that in the long run, it would be a greater saving at once to pull down and rebuild properly the vile erection, than to be at a continual expense for unsatisfactory, although very costly repairs, and underpinning bad foundations.

I, for many years past, have been almost daily amidst speculative building estates, N. S. E. W., and well know the operations of needy 'duffing builders,' who run up on some of those sites dwellings which, if you view in carcase unplastered, the abominable materials, combined with the slight, rapid, scamping and unskilful workmanship, would convince any one they were meant only 'to let, and not to last,' that they were merely contract built by 'slop builders'—certainly not sturdy houses, like our ancestors were so justly proud of for their weather-tight and durable qualities. As dilapidations are incessant, no landlord can accept low rents for 'sale houses.' I entreat intending leasehold repairing buyers to ascertain with vigilant care and most searching personal inquiries—

1st. That the house is not built on made soil, where the pure virgin healthy gravel has been dug out and sold, and the pits filled up with fish-market sweepings, dust-yard refuse, cow-shed filth, and similar fever offal.

2nd. That it has deep concrete foundations.

3rd. That *all* the materials are *new*, and the bricks sound hard-burnt stocks, well bonded in lime (not mud) mortar.

4th. That no iron chimney bars, supporting and tying the arch are absent, and that the chimney flues are pargeted and do not smoke.

5th. That the drainage is distinct and separate, properly connected with main road sewer by large bore stoneware pipes.

6th. The strength of joists, quarterings, lintels, rafters, sills, sill-heads, thickness of doors, floor-boards, skirtings, panelling, shelving, palings, in short, quality and quantity of timber used. It is truly frightful to view how slight houses are timbered with green, unseasoned wood, and scantily nailed by piece-work.

7th. Whether the locks, grates, ironmongery, blinds, water-closet, cistern, taps, bath and other fittings, are of the very cheapest light metal description, totally unfit for fair wear and tear, or common use.

8th. Avoid zinc gutters, cisterns, flats, etc., as thin zinc is a very temporary affair. Insist upon lead or stone cisterns, sinks, etc. Beware of stucco and brittle pot-ware sinks.

9th. That it has a trap-door fire-escape to roof.

10th. If the parish has not taken the road, have money security for its cost from seller. It may save you £10 to £30.

11th. Find out if it is an estate where any and all scamping is allowed, to create heavy ground-rents and lawyer's leases.

12th. Investigate the title thoroughly. Beware of needy, bankrupt or litigious vendors, improved dear ground-rents and short leases.

Lastly. Insist upon a warranty (with full specifications attached) subject to penalties if false. Have the warranty before paying deposit or purchase money, and legally drawn up.

In conclusion, 'built to sell' dwellings, known in the trade as 'jerry houses,' entail years of anxiety and severe pecuniary loss to investors.

Your obliged reader,

WM. PERCY TRUEMAN,

3, Maryon Villas, Green Lanes, N., March 14, 1879.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

'I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth*.

HOME.

Let others flaunt in gay attire,
And range through fashion's giddy round;
Give me the calm domestic fire,
Where joy and social pleasure's found!
Let others at the midnight ball,
Through fashion's mazes wildly roam,
To me such heartless pleasures pall,
Compared with those I find at home!
The brightest cheek that ever bloomed,
Is turned by dissipation pale;
The heart's best feelings are entomb'd
In scenes where courtly joys prevail!
Let others bow at fashion's shrine,
And through the maze of pleasure roam;
The calmer joys of life be mine,
My cheerful hearth and quiet home!

Mrs. C. B. Wilson.

The paternal hearth, that rallying place of the affections.—*Washington Irving*.

To be happy at home is the ultimate result of all ambition: the end to which every enterprise and labour tends, and of which every desire prompts the prosecution. It is indeed at home that every man must be known by those who would make a just estimate either of his virtue or felicity; for smiles and embroidery are alike occasional, and the mind is often dressed for show in painted honour and fictitious benevolence.—*Johnson*.

The first sure symptom of a mind in health,
Is rest of heart and pleasures felt at home.

Young.

The road to home happiness is over small stepping stones. Slight circumstances are the stumbling-blocks of families. The prick of a pin, says the proverb, is enough to make an empire insipid. The tenderer the feelings, the painful the wound. A cold and unkind word checks and withers the blossom of the dearest love, as the most delicate rings of the vine are troubled by the faintest breeze. The misery of a life is born of a chance observation. If the true history of quarrels, public and private, were honestly written, it would be silenced by an uproar of derision.—*Jesse*.

The angry word suppressed, the taunting thought,
Subduing and subdued, the petty strife,
Which clouds the colour of domestic life;
The sober comfort, all the peace which springs
From the large aggregate of little things;
On those small cares of daughter, wife, or friend,
The almost sacred joys of home depend.

Hannah Moore.

Sorrows by being communicated grow less, and joys greater.—*Lord Bacon*.

Resolve, and tell your wife of your good resolution. She will aid you all she can. Her step will be lighter and her hand will be busier all day, expecting the comfortable evening at home when you return. Household affairs will have to be attended to. A place for everything, and everything in its place, will, like some good genius, have made even an humble home the scene of neatness, arrangement, and taste. The table will be ready at the fireside. The loaf will be one of that order which says, by its appearance, you may cut and come again. The cups and saucers will be waiting for supplies. The kettle will be singing; and the children, happy with fresh air and exercise, will be smiling in their glad anticipation of that evening meal when father is at home, and of the pleasant reading afterwards.—*Arthur Helps*.

PHRENOLOGY.

STACKPOOL E. O'DELL, PHRENOLOGIST

(With a competent staff), has established his MUSEUM and PHRENOLOGICAL EXAMINATION ROOMS in the late *Echo* Office, LUDGATE CIRCUS, corner of Fleet Street, where Phrenological Advice is given daily, from 10 to 10.

Your Character told, What to guard against, What to avoid, and What you will be most successful at. Fees, 1s. to 7s. 6d.

2,500 Testimonials, with name, date, and address, including one from the RIGHT HON. W. E. GLADSTONE, M.P., can be inspected by applying to the Attendant.

Extracts from the Press to be had *gratis*.

Delineations of Gladstone, Disraeli, and Bright, by Stackpool E. O'Dell. Price 3d.

EXTRACTS FROM ABOVE PAMPHLET.

'In concluding the Phrenological characteristics of these three great political "Leaders" (Bright, Gladstone, and Disraeli), I again reiterate that each one is great, though in a different way—each displaying a different style of greatness. I would, for a moment, give a brief *resumé* of the three.

'Mr. Bright's organisation denotes power from all points of view; great boldness of thought and speech, a large share of Animal Magnetism, and a live sympathy that electrifies and wins an audience. If you ask me what position I would place him in, I would reply, "Make him President of America, and with him it would indeed become a Grand Republic."

'Mr. Gladstone has an intelligence of a superior kind. He is likewise a sound, practical thinker. He has much breadth of thought. In him honour and uprightness are personified; for he would have "justice, though the heavens were to fall" (*fiat justitia ruat in celo*); and though there are the abilities to make an eminent statesman, yet his views would be far in advance of his time, therefore his efforts would be to a great extent unacceptable; but he would be pre-eminently suited for Literature of a classical, practical, and serious nature, and for such works as would live.

'In regard to Mr. Disraeli, he was born to be a leader—not a follower—and he has all the abilities required both to get and to keep the lead. He does not lack daring, or the ability required to add to a nation's greatness; but while his Talents are great, his Tact is greater still, and often prevents him from making use of the former; and, though he may dare all things, *he will not dare to lose.*'

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

**** Only approved advertisements will be inserted.*

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: APRIL 5th, 1879.

* * We must again apologise to our general readers for occupying so much space this week in narrating the history of the Artizans' Company; but we have been requested to give the information more rapidly, and as a great number of our readers are interested either as shareholders or tenants in the Company, we comply with the request, and hope to finish the subject in a week or two.]

PHRENOLOGICAL DELINEATION OF PRINCE LEOPOLD.

'Since the brow speaks often true, since eyes and noses have tongues, and the countenance proclaims the heart and inclinations: let observation so far instruct thee in physiognomical lines as to be some rule for thy distinction, and guide for thy affection, unto such as look most like men.'—*Sir Thomas Brown, M.D. ('Christian Morals,' 1716).*

THE following is an abstract of the lecture delivered by STACKPOOL E. O'DELL, phrenologist, on Tuesday last, 25th ult., at the Royal Deaf and Dumb Institution, Oxford Street, London.

Phrenology is proved from observation and comparison, and proofs of this kind are contributed by men in all ranks of life.

The virtuous, the vicious, the miser, whose aim is the gratification of self.

The philanthropist, whose strongest desires, most fervent thoughts, most ambitious aims, tend to the benefit, happiness, and progress of mankind.

Here in my hand you perceive an engraving; it is part of a very valuable paper called 'House and Home.'

The editor of this paper and the writers who contributed to it must have the welfare of their fellow-men much to heart; and every page of this paper tells me that it is written more for the benefit of the reader than that of the owner or writers. It is refreshing to see papers of this kind, in a day when the very lowest tastes are appealed to in order to make a sale. Increased profit, and more, yet more of it, is the continuous cry, that is clearly seen by all thinking readers. But to come back to the portrait which I have in my hand, and about which I am about to pass a few remarks in order to illustrate and prove to you the truth of phrenology. This is the portrait of 'Prince Leopold.'

Now, as a phrenologist, I do not deal with the *prince*, but with the *man*.

I will tell you, from a phrenological point of view, what he is mentally, and what his mind is likely to, nay will, lead him to, if the influence of others turn him not aside from following out the natural bent of his own mind.

In the first place we have got much mental activity.

To some minds thinking is labour, to others it is a necessity. Here it is a necessity, and a pleasurable one. And here are thinking powers of no common order. There are no narrow contracted views here of any subject. Whether he directs his thoughts in the channels of science, politics or theology, it will be with a mind broad and expanded, a mind that can free itself from bias without the slightest effort.

I see before me a formation of head denoting deep resources of cause-seeking and cause-revealing powers. There is no mere surface flash-in-the-pan or meteor-like brilliancy that dazzles for the moment and then is no more, but an intelligence of such a nature as must increase, a light that will burn, not alone with steady, but increasing brilliancy; and I say, standing here on this platform as a phrenologist, that there is a power here, a power of thought, a power for putting that thought into execution, which will one day influence England, influence Europe, influence the world, more than her best riches or her strongest armaments.

It is not alone mental power that we have here. If that was all, where would be our boasting? for men with mental power have often been scourges, in place of blessings, the cause of retrogression instead of progression, bringing their reason—it may be their great and Godlike reason—to the overthrow and subversion of that which we consider true noble virtue, and of most excellent report, building up sciences so called, from the battlements of which they seem to defy the living God, by teaching the people that He is not.

But here we see a power leading, ruling, going hand in hand with the intelligence; and this force we call both moral and spiritual power.

The development here is such as will cause him to think and act under its guidance. Conscience here sits at the helm. The 'right and wrong' of it will be the foremost question, before entering into a transaction.

Here is denoted the right kind of courage—moral courage—the courage required to be a great reformer; the courage needed to go into the Temple and turn out the money-traffickers; the courage required to take little children by the hand; the courage needed to build up higher and higher a temple of 'good deeds,' from each of which a blessing will flow, bringing happiness where there is now misery, bringing 'right where there is now wrong,' bringing light where there is now darkness.

I take the formation of this young man's head into consideration, just as if I was dealing with an ordinary being, not knowing his rank, or position, and say, most emphatically, that there are here phrenological indications of mental power and moral power of such a nature as will and must have a vast reforming influence upon the whole of society; and I shall watch the manifestations of his mind, as I have those of others, who have grown up and proved to me that just as the head is shaped, the mind will be, and so will the actions in life be, for every man acts up to his organisation, so far as he is concerned. The superhuman, or spiritual power may make a naturally bad man good, or a naturally good man better.

MR. TENNYSON'S NEW POEMS IN THE 'NINETEENTH CENTURY.'

MR. TENNYSON has contributed two poems to the current number of the *Nineteenth Century*. The first, a dedicatory ode to the late Princess Alice, will be read with something more than interest by all who knew and loved England's England-loving daughter. The poem to the Princess is as follows :

'Dead Princess, Living Power, if that which lived
True life, live on—and if the fatal kiss,
Born of true life and love divorce thee not
From earthly love and life—if what we call
The spirit flash not all at once from out
This shadow into Substance—then perhaps
The mellowed murmur of the people's praise
From thine own State, and all our breadth of realm,
Where Love and Longing dress thy deeds in light,
Ascends to thee ; and this March morn that sees
Thy soldier-brother's bridal orange-bloom
Break thro' the yews and cypress of thy grave,
And thine Imperial mother smile again,
May send one ray to thee ! and who can tell—
Thou—England's England-loving daughter—thou
Dying so English thou would'st have her flag
Borne on thy coffin—where is he can swear
But that some broken gleam from our poor earth
May touch thee, while remembering thee, I lay
At thy pale feet this ballad of the deeds
Of England, and her banner in the East ?'

The second poem, a stirring description of the defence of Lucknow, is a somewhat uncommon rhythm. The perilous position of the brave defenders of the besieged is thus vividly depicted :

'Frail were the works that defended the hold that we held with our
lives—
Women and children among us, God help them, our children and
wives !
Hold it we might—and for fifteen days, or for twenty at most.
"Never surrender, I charge you ; but every man die at his post !"
Voice of the dead whom we loved, our Lawrence the best of the
brave :
Cold were his brows when we kissed him—we laid him that night
in his grave.
"Every man die at his post !" and there hail'd on our houses and
halls
Death from their rifle-bullets, and death from their cannon-balls ;
Death in our innermost chamber, and death at our slight barricade,
Death while we stood with the musket, and death while we stoopt
to the spade,
Death to the dying, and wounds to the wounded, for often there
fell
Striking the hospital wall, crashing thro' it, their shot and their
shell.'

The desperate situation of the British is thus depicted :

'Handful of men as we were, we were English in heart and in
limb,
Strong with the strength of the race to command, to obey, to
endure,
Each of us fought as if hope for the garrison hung but on him ;
Still—could we watch at all points ? we were every day fewer and
fewer.
There was a whisper among us, but only a whisper that past :
"Children and wives—if the tigers leap into the fold unawares—
Every man die at his post—and the foe may outlive us at last—
Better to fall by the hands that they love—than to fall into
their !"

* * * * *

Ever the day with its traitorous death from the loopholes around,
Ever the night with its coffinless corpse to be laid in the ground,
Heat like the mouth of a hell, or a deluge of cataract skies,
Stench of old offal decaying, and infinite torment of flies,

Thoughts of the breezes of May blowing over an English field,
Cholera, scurvy, and fever, the wound that would not be heal'd,
Lopping away of the limb by the pitiful-pitiless knife—
Torture and trouble in vain—for it never could save us a life,
Valour of delicate women who attended the hospital bed,
Horror of women in travail among the dying and dead,
Grief for our perishing children, and never a moment for grief,
Toil and ineffable weariness, faltering hopes of relief.

But the hour of deliverance comes :

'Hark cannonade, fusillade ! is it true what was told by the scout ?
Outram and Havelock breaking their way thro' the fell mutineers !
Surely the pibroch of Europe is ringing again in our ears !
All on a sudden the garrison utter a jubilant shout,
Havelock's glorious Highlanders answer with conquering cheers,
Forth from their holes and their hidings our women and children
come out,
Blessing the wholesome white faces of Havelock's good fusileers,
Kissing the war-harden'd hand of the Highlander, wet with their
tears !
Dance to the pibroch !—saved ! we are saved !—is it you ? is
it you ?
Saved by the valour of Havelock—saved by the blessing of
heaven !
"Hold it for fifteen days !" we have held it for eighty-seven !
And ever aloft on the palace roof the old banner of England
blew.



THRIFT.

ECONOMY.

ECONOMY is the parent of uprightness, of liberty, and of ease ;
and the beauteous sister of temperance, of cheerfulness, and of
health. Many persons think that a man's share of the comforts
of life depends on his wages, and that nothing besides good
wages is necessary to make him happy and comfortable.

This is a great mistake ; for many persons are to be found
who, with good wages and very few to keep, are not as com-
fortable as some others with small wages, and who have more
to maintain.

This is owing simply to the bad management of the one, and
the prudence and the good management of the other.

The bad manager, during the first part of the week, while his
money lasts, eats and drinks as much as he can of what he calls
the best of everything ; he wastes a great deal on beer and
tobacco, etc., and, consequently, towards the end of the week,
his money is all gone, and then he and his family are obliged
to get credit from some petty shops, where people generally pay
dear for everything. He, when he should not, spends too
much, and now he has too little to spend.

Of course such a man would not have any money to spare for
good clothes, or books ; nor should we expect to find his home
comfortable ; neither would he have any money put aside in
case of need. He has but few of the comforts of life, not
because he receives small wages, but because he does not
manage well what he has.

Without economy none can be well off.

A man who has simple tastes, and does not waste money on
beer, tobacco, and other unnecessary luxuries, but eats and
drinks moderately of the simplest kind of food, etc., manages
to get good and comfortable meals all the week, besides having
a comfortable home, good clothing, a cellar of coals, and pro-

bably a little money put aside for a possible time of need or sickness.

Such a man is far more comfortable and happy than one who actually wastes the greater part of his wages.

True, the man who wastes his money has his comfort after a fashion; but it only lasts a few days, and is almost sure to be followed by wretchedness; whereas the comfort of the careful manager lasts all the week.

An economical man spends as much as he can afford on furniture, food, clothes, and all else that he wants; but he does not go without decent clothes for the sake of eating and drinking, nor does he go without proper food for the sake of dressing extravagantly, or living in a fine house; but he tries to make all things match.

He buys with ready money at the best places; he then has his choice of good things, and at the same time he manages to keep out of debt.

Many men with their families lead miserable lives only because they have not learnt to be economical; while others are comfortable and happy, on less money, because they practise economy.

It is no small commendation to manage a little well.

Learn to take care of your money before you come nearly to the end of it.

R. SHIPMAN.



THE NATIONAL PENNY BANK (LIMITED).

By GEORGE C. T. BARTLEY.

THE National Penny Bank was started in 1875, by a number of influential noblemen and gentlemen, with a view to the establishment of permanent and self-supporting penny banks, affording facilities not given by the Post Office, or other savings banks.

The first branch was opened on the 9th of October, 1875, and since that time twelve branches, open every evening of the week, have been established, besides about sixty others, open once or twice a week, in schools, workshops, and other places. The facilities afforded are numerous, but the chief are: (1) that the branches are open at convenient hours, principally in the evening; (2) that deposits of one penny, and upwards to any amount, are received, on which interest at the rate of three per cent. is allowed; (3) no restriction is placed on the total amount that may be paid in; (4) withdrawals are paid without any trouble, and usually without notice; (5) persons living at a distance from branches can have an account by post with the central office; (6) small amounts of consols issued in certificates of 16s. 8d. each can be purchased; (7) loans are made on mortgage to enable persons to purchase their own houses: the interest charged is five per cent.

Notwithstanding the serious depression in trade since the time of its establishment, the success of the bank has exceeded the expectations of its promoters, not only as regards the amount of business done, but also as to the self-supporting nature of the institution, which is of course of the greatest importance.

During the first three years 127,545 persons opened accounts, and of these 52,074 were still depositors in October, 1878. The

amount deposited was £164,472, and the balance now in hand exceeds £70,000. As regards its self-supporting nature, the profit on the investments, after allowing for all interest due to depositors at the end of 1878, was £1,424, and it is fully expected that in two years more sufficient will be earned to meet all expenses. At present the deficiency is met by the share capital which has been subscribed for the purpose, and no part of the expenses is defrayed out of the depositors' money, which is kept intact by the trustees.

As regards the all-important point of security to its depositors, the trustees, Earl Beauchamp, Lord Frederick Cavendish, M.P., and the Right Hon. Hugh Childers, M.P., hold at all times sufficient, either in cash or tangible securities, to repay every depositor every penny he has deposited; and in addition to this, £5 per share of the capital (£25,000) is uncalled, and forms a reserve. Every person in any way employed by the bank gives legal security for a large amount.

In January, 1878, the Shoreditch Branch, the first building ever specially erected for the purposes of a penny bank, was opened, the foundation stone having been laid by the Right Hon. the Lord Mayor in May, 1877.

A building is now being erected by some friends of the institution in Victoria Street, Westminster, of which part will be leased by the bank for its permanent central office, which will also form a branch, open day and evening, from nine a.m. to nine p.m. This is expected to be ready on the 1st of May next.

At Clerkenwell a branch is being built specially for the bank, and will contain, in addition to the bank premises, several suites of superior dwellings for artisans. The Princess Christian has graciously consented to lay the foundation stone of this building on the 21st of May next, at four o'clock.

It is hoped before long that these permanent penny banks will be established in all the leading thoroughfares of the densely crowded districts of the Metropolis.

The temporary central offices, kindly given by His Grace the Duke of Westminster, K.G., are situated at 269 and 270, Oxford Street, W., where all information can be obtained on application to the manager, Mr. George C. T. Bartley.



DIETETICS.



DIETETICS AS A FACTOR IN THE DEVELOPMENT OF HOME LIFE.

No. 3.

IN view of the ameliorations to be effected ere such a consummation as that previously referred to will be possible, it is obvious that women cannot, without a grave dereliction of duty, longer consent to ignore the ample resources which, as the mothers of the human race, they have within their reach, any more than they can in the life drama, which demands from the world's chief actors the exercise of equal thought and energy, continue to choose subordinate parts in the rôle of that race's training and future destiny, to the end that matters foreign to its interests should be allowed to exclude the due consideration of others more near and vital in their character.

The phase of physical supremacy having reached its limits in this drama, and moral purity being admittedly that next to be entered upon, as moral agents—of whose gentler characteristics it has been said, and doubtless with much truth, that they are to a large extent the natural outcome of that spirit of nobleness, which, in an age more barbarous than our own, led men to take the foremost place in what was necessarily the fierce battle of life between kindred nations; with women now mainly rests the power, as on them lies the obligation, of utilising the riches made available through the researches of science, and of being foremost in the endeavour to transform that fierce battle into a service of peaceful industry and international co-operation.

Apart from the larger interpretation that eminent thinkers have claimed for the word 'home' in modern times, this transformation women can, even under the narrowest of existing conditions, most effectually help forward by resolving to form such a basis of living as shall promote the growth of rational as opposed to irrational habits, and tend to remove those anomalies which at present impede the upward progress of humanity.

To the anomaly already glanced at of cattle everywhere abundantly fed and carefully housed, while human beings are minus adequate sustenance or shelter, may not alone be added the brutalizing slaughter-house system, with its adjunct of cruelty misnamed 'sport,' but the schools of regimen for the young which minister to disease and death, and in which mothers are not the less potent because they are often the unwitting teachers of selfishness.

To say nothing of the mothers who are for the most part ignorant and indifferent, even with those who are generally credited with being intelligent and conscientious it is an accepted canon that stimulating diet and drink act injuriously on children's delicate organisms, and that the aliment proper for children should differ not alone in degree but in kind from that provided for their mothers. Hence we find that so far as direct consumption is concerned, meat and beer, or wine, as the case may be, are as jealously guarded from children as were the golden apples of the Hesperides, of which we read, from those outside the garden in which they grew; and it is no uncommon thing for mothers to aver to-day that they would deem it a crime to give to their children what, with the utmost *sangfroid*, they do not hesitate to consume daily themselves, during the important periods of pregnancy and nursing alike; and yet the assertion that the quality and quantity of a woman's milk are materially injured by the use of dead flesh would be sufficiently confirmed by the fact that in an island alluded to in Sir G. Mackenzie's 'History of Iceland,' where no vegetables could be got, it was found that the children invariably died of tetanus before they were three weeks old, and the population had to be supplied from the mainland, even did not our own knowledge point in this direction. But the practice in our own land, grown so common of late, of infant bottle-feeding, the increase of infantile diseases, and the recorded fact that out of the total number of children born in it one-fourth die within eleven months of their birth, one-third within twenty-three months, and one-half before they reach eight years of age, all impugn the nutritive value of the favoured aliment of those who have the responsibility of rearing children, while they stand as an impeachment of the intelligence which fails to perceive in

healthy children 'the wealth of wealth,' or in the flesh-eating poison now in vogue amongst mothers the most prolific source of national poverty and demoralisation, as they fully justify the assumption, indulged in at the outset of our remarks, that the first essential of a diet for human beings is purity.

JANE H. SIMPSON.



SANITARY HOUSE CONSTRUCTION.

HOUSEHOLD SANITARY ARRANGEMENTS.

[Cantor Lecture, No. 6.]

BY PROFESSOR CORFIELD.

THE course of Cantor Lectures, at the Society of Arts, on 'Dwelling-houses: their Sanitary Construction and Arrangements,' was brought to a close on the 24th ult., when Dr. W. H. Corfield, M.A., gave the sixth and last lecture, the subject being 'water-closets, sinks, and baths, arrangement of pipes, traps, etc.' The professor first explained a diagram representing the section of a ventilating man-hole, in which air was admitted at the lower part of the sewer and passed up a ventilating pipe or shaft, of which the top was covered by a grating. A water-trap was formed by a siphon bend, and an upright piece was fitted to a plug, which would be taken off so that rods might be pushed down to clear the pipe. A man-hole is not necessary for ventilating drains; all that is necessary is an opening of sufficient size, say 6in., directly into the drain, between the siphon trap and the house wall. The simpler form of water-closet is the hopper closet, consisting of a conical basin with a siphon trap at the lower part of it. Beer, Dent, and Hellyer's artizan closet, the pan being provided with a flushing rim, was exhibited as an example of this kind of water-closet. Water scarcely stood in the pan at all, but in the trap below. A flush-pipe should never be less than 1½in. in diameter, and ought not to be connected with the main water-pipes. Such a connection was doubtless the cause of the epidemic of typhoid fever at Croydon in 1876-7. In the vortex closet the siphon was much deeper than in the artizan, and the water stood in the basin a considerable height. The water is discharged into the middle of the basin, and there is a ventilating-pipe to take off foul air. It is advantageous to supply closets indirectly by service-boxes holding about two gallons. Specimens sent by Hayward, Tylor, and Co., and Tylor and Sons were produced. When the handle is pulled only the water in the service-box can run out, because a ball-cock is raised and the tap turned off. One service-box exhibited had a provision for an after-flush, which supplied the basin with water to remain in it. Jennings's monkey closet had a provision by which the basin was in such a position that water must remain in it under all circumstances. Woodward's closet is provided with a flushing rim; and Bossing's closet supplies water by one pipe with two branches, the whole contents of the basin being washed into a vertical pipe leading into a siphon. Behind the closet is a vertical opening fitted with a cap, which can be removed if the siphon be stopped up, and there is also an overflow-pipe; but this latter the professor

considered useless. Dodd's wash-out closet has a provision for ventilating the soil-pipe at the place where the siphon enters it. Fowler's closets are used in poor neighbourhoods where there is an insufficient supply of water. In this system sink, rain and waste waters are collected, and made to flush the closets. A plan submitted by Messrs. Doulton was shown. The pan closet is most commonly used in the interior of houses, and is a mischievous contrivance. A sample was produced. The basin is placed above a metal pan, which moves in a large iron box called a container. The container has a 4in. outlet at the lower part of it, and below the floor is a trap—generally a D-trap. The container is simply a reservoir of foul air, and a great deal of that gets into the house, as the pan does not fit air-tight. This closet will in time surely go out of use. A D-trap, so called from its shape, has a pipe inside it which dips into water for a certain distance. Foul matters collect in the angles, and it can never be cleared out by the water. Such a ridiculous contrivance ought not to be used under closets. A proper trap there is a siphon trap of cast-lead, similar to model produced. A leaden tray is usually placed underneath the closet apparatus to prevent any overflow from becoming a nuisance. It is called the safe, but any other word in the language might be better applied to the contrivance. A waste-pipe is carried from the safe, generally into a D-trap, and the overflow-pipe from the cistern is generally carried into the trap of the nearest water-closet. There never should be such a direct communication between the house and the foul air in the D-trap. The waste-pipe might be carried through the wall, and made to end outside, and no trap was required. Brahmah's valve-closet, as exhibited, has a small air-tight valve in the lower part of the basin. Overflow is provided for by holes in the side of the basin, communicating with a pipe which passes down generally into the valve box; and there is a siphon to prevent air going into the basin. Specimens sent by Tylor, Hayward and Tylor, Deer and Dént, and Boldings, were then pointed out. Jennings uses for a valve an indiarubber ball, fitting over the end of the waste pipe. Air coming in presses the ball down on to the top of the pipe that leads to the overflow pipe. Water from the overflow pipe could raise the ball and pass beyond. In Tylor's closets there is a galvanised iron siphon trap underneath; it only requires to be attached to the closet, without any trap whatever. A cap with screws on can be taken off, and the interior got at for cleaning. Jennings has a similar closet, which is also complete in itself. A specimen of Jennings' solid plug closet was shown. The plug is not solid literally, but has in it a contrivance for the overflow. It is provided with an indiarubber ring, fitting water-tight upon an aperture leading from the pan to the base of the closet. There is always water in the basin and in the siphon trap below. When the plug is lifted the water in the basin runs away and swills out the siphon below, if there is one. These closets are largely supplied without traps at all, and, if the sewers be properly ventilated, the professor believed they would be a successful experiment. Mr. Saxon Smithies' closet is fitted with a duplex lid, which opens out behind into an air-space—a shaft carried above the roof of the house. The water supply apparatus works with the lid, and the closet is excluded from the house. Water waste-preventers were then dealt with. Amongst these were the service boxes previously spoken of.

A glass cistern sent by Tylor and Sons showed a water waste-preventer inside it; when the handle is pulled the whole valve is lifted up. The lower part of the valve has an indiarubber ring, which, by pressure of the water upon it, and by force of adhesion, carries up a weight with it. Water is gradually admitted into the space above the weight, and after a time the weight falls and closes the valve. With Underhay's regulators, if the handle be pulled and released immediately, as much water will flow as if it be held up a long time. A lever works a valve, which turns off the water, and the rate at which the valve is closed depends upon the rate at which the lever can be made to fall. This is regulated by a bellows, and there is a stop-cock, which may be so placed that it will allow the lever to fall slowly, quickly, or not at all. The amount of water delivered each time the handle is pulled may be regulated with the greatest nicety. Mr. Jennings has made an ingenious improvement, in which the regulator works upon the principle of a plunger. If the handle is pulled up, and let go in the ordinary manner, the waste-preventer does not come into action; but if it is held up, after a time the plunger is no longer sustained, and the waste-preventer comes into action and turns off the water. In dealing with soil-pipes, the professor said that they were largely made of milled or seamed lead. Those pipes gave way at the joints, in consequence of the action of sewer gas. The pipes should be of drawn lead, made in the same manner as wire, and they would then only require to be joined at the ends of their lengths. Iron soil-pipes are sometimes used, and they vary less in length than lead when subjected to extreme changes of temperature. Where expense is not objected to, the professor thought it better to have lead pipes the whole length, and where necessary, they might be protected by square iron pipes, like rain-water pipes. Earthenware pipes are sometimes used for soil-pipes, but he considered they are not good things. An example of a zinc soil-pipe was shown, with a D-trap of very thin lead, into which the waste-pipe from the cistern was brought. The zinc pipe was quite eaten through by the foul air. Lead pipes not ventilated contain foul air, which eats into them. A specimen was produced, taken from under a bedroom floor, and full of holes. He did not think a D-trap underneath a closet was any good. Sinks ought to be disconnected from the drains; but if it be necessary to disconnect closet-pipes, it shows that the sewers are not properly constructed or ventilated. Sinks and baths should have pipes which are discharged over areas, upon gratings, or under gratings and over traps. It is always proper to have a trap of some kind upon a sink. A D-trap is objectionable. A bell trap, in its ordinary shape, is about the worst contrivance ever devised. A difference in the pressure of the air is enough to bring air from the sewer into the house; and the water into which the bell dips evaporates. In Jennings' sink trap the bell is not removable—but only a piece of perforated galvanised iron. In another variety the bell trap is hinged. Sinks up-stairs have a long pipe in which, although the pipe may be disconnected, foul air accumulates, and a trap is therefore necessary. Jennings' sink, largely used in model dwelling-houses, instead of a lot of holes, has a slit sufficiently small to prevent pieces of soap and other things going into the drain, but it allows the water to run away easily. The aperture into the waste pipe can be stopped, and the sink used for washing. The siphon

gully Mansard trap contains three compartments through which the water passes, and is useful for scullery sinks. Pipes from baths require a trap upon them and require to be disconnected. A vote of thanks to Dr. Corfield for the able and clear manner in which he had delivered his very instructive lectures was carried by acclamation.—*Building News*.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield*.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

THE TWELFTH ANNUAL MEETING.

THE twelfth annual meeting of this Company was held on Friday the 28th ult., at the Westminster Palace Hotel, when the Hon. E. Ashley, M.P., presided. The report and balance sheet was adopted, and a dividend of 4 per cent. declared. The retiring directors and auditors were re-elected, and the usual complimentary votes of thanks passed. There was some little discussion, but no points of vital interest were touched. We shall summarise the proceedings of the meeting in due course in our *resumé* of the Company's operations.

III.—THE INVESTIGATION.

(THE PAST OPERATIONS OF THE ARTIZANS' COMPANY.—

Continued from page 119.)

ACCOUNTANTS' REPORT.

In their report, Messrs. Price, Waterhouse and Co., say :

'The total amount paid under the head of "Commission on Placing Shares," amounts to not far short of 4 per cent. on the capital received, the commission allowed having in some cases been so much as 6 per cent. The books show that Mr. John Royle Martin, of Liverpool, and Mr. W. H. Martin, of Birmingham, alone received £10,425 15s. 8d. as commission on placing shares during 1874 and 1875.'

On the account of revenue, income and expenditure, they say :

'The account we have prepared under this head shows that the total rents and interest receivable from the commencement of the Company to the 31st December, 1876, including the interest on repayment accounts estimated as above, amounted to £50,059 4s. 1d., while the office expenses, salaries, directors' fees and grants, interest on deposits and mortgages to the same date, amount to £41,364 9s. 9d., leaving a balance of £8,694 14s. 4d.'

'Among the expenses are included, no doubt, many charges which arose before the letting of some portions of the estates, as, for instance, the interest upon the Cann Hall mortgage; so that the above figures must not be taken as a guide to future income and expenditure. On the other hand it must be remembered that a considerable proportion of the legal charges, and not a small sum

in diminution of the commission and expenses in placing shares, as well as a reserve in respect of depreciation and future repairs, should have been provided for out of income even up to the present time.'

They made the following comparison of assets and liabilities :

'The general result shown by the approximate accounts which we have prepared is, therefore, that the dividends paid to the shareholders hitherto have been paid almost wholly out of the estimated profits arising on the building operations of the Company and on redemption accounts, and that, taking the estates at their cost, without going into the question whether that cost is represented by value or not, the assets of the Company, as compared with its capital and liabilities on the 31st December last, show a deficiency of £61,659 12s. 11d., arising as follows :

	£	s.	d.	£	s.	d.
Commission on placing shares...	19,501	12	6
Printing and advertising, chiefly in connection with the raising of new capital	4,011	19	7
Dividends paid	46,840	15	2			
Less balance of revenue account	8,694	14	4	38,146	0	10
				£61,659	12	11

'This deficiency has been increased since the 31st December by the payment of the dividend in respect of last year, and the grant of £600 to the directors, in March last, amounting together to £19,512 3s. 4d., and making a total deficiency of £78,171 16s. 3d.'

APPROXIMATE BALANCE SHEET.

(31st Decr., 1876).

Dr.

Figures of Company's statement of liabilities.

Capital and Liabilities.

of liabilities.					£ s. d.					
£	s.	d.		To	Share capital—amount received	517,708	10	7
517,708	10	7		"	Deposits—with interest accrued	53,342	3	4
53,341	13	8		"	Mortgages	26,700	0	0
26,700	0	0		"	Bank loan	55,000	0	0
55,000	0	0		"	Amounts due for materials purchased, interest on mortgages, and other accounts	19,132	14	9
16,613	2	11		"	Reserve fund, as per Company's accounts.					
9,529	6	4		"	Available balance of profit, as per Company's accounts.					
28,653	7	7								
£707,546				1	1			£671,883	8	8

Cr.

Figures of Company's statement of assets.

Expenditure and Assets.

	£	s.	d.		£	s.	d.
36,591 3 4	By Expenditure on land and buildings at Battersea, Lavender Hill, Salford, Gosport, Birmingham, Baildon, and Liverpool, including surveying, architects', agents', and other salaries, chiefly prior to 1872...	46,195	8	2			
	Deduct houses sold	14,373	0	0	31,822	8	2
	By Expenditure at Shaftesbury Park—Land (exclusive of costs) 28,350 0 0						
	Redemption of tithes and land tax ... 1,454 6 5						
	Materials, including some contract work 193,702 1 6						
	Wages ... 81,431 7 3						
	Surveying ... 1,438 5 6						
	Cost of Parliamentary Act ... 260 6 0						
	Chancery suit, exclusive of Mr. Longcroft's costs ... 264 3 8						
	Deduct houses and land sold	306,900	10	4	47,966	0	0
293,850 1 1	By Expenditure at Queen's Park—Land (exclusive of costs) ... 57,512 0 0						
	Redemption of land tax ... 13 15 9						
	Materials, including some contract work, brick making, drainage, tramways, &c. 101,634 14 9						
	Wages ... 47,480 17 7						
	Surveying ... 1,581 13 8						
	Deduct houses and land sold ... 26,270 0 0						
	Deduct right of way sold ... 270 0 0				26,540	0	0
£234,091 15 3				£253,934	10	4	
				£181,683	1	9	

£48,850 0 0	By Cost of Cann Hall estate	£48,000 0 0
	„ Legal charges per C. N. Longcroft, Sundries, including purchase of pro- vincial and Shaftesbury estates, suit as to drainage, agreements with pur- chasers and tenants, &c.	5,461 17 1
	Purchase of Queen's Park estate	800 0 0
	Purchase of Cann Hall estate	859 0 0
		7,111 17 1
	„ Architects' and other salaries in con- nection with buildings, surveying, travelling expenses, &c., since 1872 ..	2,749 2 8
	„ Amount due in respect of houses and land sold, viz.:— Sales, Provincial estates, including Battersea and Lavender Hill ..	14,373 0 0
	„ Shaftesbury estate	47,966 0 0
	„ Queen's Park estate	26,270 0 0
	Deduct amount received in purchase or part purchase 30,228 16 0 in repayment instal- ments 15,049 11 0	43,278 7 0
	Leaving a balance, subject to interest chargeable on repayments, of ..	43,330 13 0
	The value of which is, according to the Company's redemption tables ..	50,288 8 0
54,495 7 11	Showing a profit (taken to revenue account) of	6,957 15 0
1,891 13 0	By Shares in the Company purchased	1,891 13 0
700 0 0	„ Cost of office furniture, fittings, and enlargement ..	963 13 10
1,350 1 3	„ Outstanding rents, &c.	1,350 1 3
	„ Cash: On deposit at bankers 12,000 0 0 On current account 13,473 19 0 On deposit, Chelsea vestry 55 0 0	25,428 19 8
25,428 19 8		610,223 15 9
697,289 1 6	„ Commission on placing shares	19,501 12 6
	„ Printing and advertising chiefly in connection with the raising of new capital	4,011 19 7
	„ Dividends paid from commencement .. 46,840 15 2 Less balance of approximate revenue account to date 8,694 14 4	38,146 0 10
10,256 19 7	Ad interim dividend, 1876.	
£707,546 1 1		£671,883 8 8

APPROXIMATE ACCOUNT OF INCOME AND EXPENDITURE ON REVENUE ACCOUNT.

From the commencement of the Company to Dec. 31st, 1876.

Dr.

	£	s.	d.	£	s.	d.
To Office rent and expenses	4,583	14	9			
„ Salaries	4,607	6	10			
„ Commission and salaries for collection of rents and repayments ..	4,214	1	11			
„ Directors' fees and grants	2,380	2	0			
„ Ground rents	1,905	2	6			
„ Rates, taxes, and insurance	7,559	3	5			
„ Less repaid by tenants	1,267	1	10			
				6,202	1	7
„ Interest on deposits	8,536	9	6			
„ Interest on mortgages and loans	7,411	7	4			
„ Repairs	1,060	18	4			
„ Preliminary expenses	373	5	0			
				41,364	9	9
„ Balance, subject to proportion of cost of raising capital and legal charges not apportioned	8,694	14	4			
				£50,059	4	1

Cr.

	£	s.	d.
By Rents	38,266	1	4
„ Ground rents	1,906	7	9
„ Interest on bank deposits	2,095	3	0
„ Sundry fees and other receipts	833	17	0
	43,191	9	1
„ Interest on repayment accounts, calculated by Company's redemption tables (See balance-sheet)	6,957	15	0
	£50,059	4	1

PRICE, WATERHOUSE, & Co.

13, Gresham Street, E.C., 19th July, 1877.

ADJOURNED EXTRAORDINARY MEETING.

ON Friday, August 3, 1877, this meeting was held at the Westminster Palace Hotel for the purpose of receiving the report of the Committee of Investigation.

The Hon. EVELYN ASHLEY presided, and in the course of his speech said :

‘ I would further say this, that it appears to me that in a Company

of this sort, with the large capital subscribed, and the immense interests involved, the shareholders are themselves to blame if in any respect mismanagement and irregularities have occurred, because the want of energy on their part was very striking. Men with very large holdings seemed to take no trouble to make inquiries into the accusations that were made.

‘ I hope for the future that the shareholders of this great and important concern will not be so apathetic, but will look after the directors, and not accept idly the statements of the board, the secretary, or the officials, but will come for themselves and insist on an investigation of these matters.’

Mr. WOOSTER moved :

‘ That the report now read be received, and that the best thanks of the shareholders be, and are, hereby given to the committee of investigation, and to those gentlemen who at so critical a period of the Company's history have consented to act and have been duly elected as directors of the Company, to fill the vacancies caused by the sudden retirement of the late board.’

Mr. HARTLEY seconded the resolution.

Mr. HOSKINS, as one of the directors of the late board said :

‘ Mr. Swindlehurst, who nominated him in 1873, knew that he (the speaker) was not a man of business, and had no special qualities. He had fulfilled the functions of an ornamental director (laughter). He had endeavoured faithfully to discharge the duties for which he was elected ; viz., to call in capital from his friends and recommend the administration of the company everywhere, and to serve on committees for the distribution of prizes for floral culture ; occasionally to preside at the social gatherings on the estate, and to attend board meetings, and take part in the business as well as he could. He had spent for his own household upwards of £2,000 in fully paid shares, thus showing, not being a rich man, that he had confidence in the late board.

Mr. SAMUEL MORLEY, M.P., said : ‘ He considered the history of this undertaking as one of the greatest modern scandals, and it confirmed his opinion that shareholders often placed in responsible positions men that were totally unfit for them. He was utterly amazed that gentlemen could be found who would sit round a board-room table and be parties to transactions of great magnitude merely upon their feeling of confidence in individuals. Everything had been left to one or two persons. He would hold his post as a director only until some fit and proper person was found to succeed him, and he testified with all his heart to the fidelity, intelligence, and industry of the gentlemen who had investigated the Company's affairs.’

The REV. A. CAZENHOVE, MR. HALE, MR. ROYLE MARTIN, MR. POWELL, MR. LONGCROFT, MR. CLAPP, and DR. LANGLEY having addressed the meeting, the resolution was put and carried.

The Chairman, the Hon. EVELYN ASHLEY, M.P., in moving the following resolution, said :

‘ “ That the best thanks of the shareholders be, and are, hereby given to Mr. Pearce, late an auditor of the Company, for his persevering and disinterested efforts in promoting an investigation of the management and affairs of the Company, and for the valuable assistance he has rendered to the investigation committee.” Mr. Pearce really deserved our thanks. He began soon after the last general meeting but one to investigate the affairs of the Company. The intricacy of those investigations was very great, but by great perseverance he succeeded in embodying in a mode which satisfied himself those allegations which primarily led to the formation of the committee of investigation. Mr. Pearce has damaged his health by the labours he has incurred, and he has refused to accept any remuneration for his services. That really is a matter which requires our notice, because Mr. Pearce is not a wealthy man, and has many employments. He, no doubt, as auditor of the Company, and having his name quoted as vouching for the policy of the Company, felt it his duty to take the matter up, and he did so. Although we might have hesitated at first about the proofs, yet I think now, having found that his allegations, after an investigation which was conducted, I believe, with absolute impartiality—although we should have rejoiced to find that Mr. Pearce was wrong, but having found that he was correct in all he has said, with very trifling exceptions—I think the appreciation of his services might be shown by a vote of thanks of this Company, because the labour he has gone through was very great indeed. It was no slight matter to unravel all these matters, and there was no more occasion for him to come forward than any other of the auditors, to investigate the affairs of the Company.’

MR. ERNEST NOEL, M.P., seconded the motion. He thought Mr. Pearce deserved the vote, although he (Mr. Noel) was entirely unacquainted with him up to the time of the investigation committee being appointed. The shareholders were under a great debt of obligation to Mr. Pearce. But for the matters he had discovered, the Company would have gone on receiving money from the public at the rate of £10,000 per month.

MR. PEARCE, in reply, said he felt that he stood in a very different position then from that in which he stood at the general meeting on the 3rd March. The course he had taken was solely in the interests of the Company. Some of his personal friends told him he was playing a very hazardous game, and that he would bring all sorts of difficulties upon himself. But having seen all through the case himself before he moved in it, he had no fear as to the result. He had been anxious that the exact position of the Company should be ascertained. He thought the requisition drawn by him covered the whole ground; but the circumstances which had arisen had rendered it impossible to prepare a statement representing the actual position of the Company to-day. The directors were holding an unenviable position, and it was due alike to them and to the late management that the Company's position should be ascertained. The extravagance and waste in the buildings, and the exorbitant prices paid for materials raised the question whether the shareholders had value for their money, and therefore it was important the Company's property should be valued as speedily as possible. He did not think the shareholders would be right in assuming that the Company had not been damaged to any great extent, or that it had been damaged to the extent of half its capital, but he thought there was a mean between the two. He thought the way out of the difficulty, supposing the Company could command sufficient capital, was *not* to sell the Cann Hall Estate, or the Queen's Park Estate, but to cover them with substantially built and enduring houses, which would cost little in future for repairs. As the Company was established for the benefit of the working class, he suggested that the present houses should be offered for sale to their occupants on fair and equitable terms, and that a better building society system should be introduced into the Company, so as to assist parties who might borrow the money to it at a low rate of interest; and then the houses would be better taken care of than if they remained in the hands of the Company. A wise policy initiated, and a spirited policy carried out, would, he believed, ultimately result in success, so that the interests of the shareholders would not in the end suffer materially.

MR. METCALFE proposed, Mr. BISHOP seconded, and MR. SAMUEL MORLEY, M.P., supported the following resolution:

'That the directors be requested to pay out of the funds of the Company the sum of £300 to Mr. Pearce, as an acknowledgment of the labour he has expended in investigating the affairs of the Company.'

The resolution was carried.

This concluded the business of the adjourned meeting, and the hon. secretary *pro tem.* then proceeded to read the notice convening the extraordinary general meeting for the purpose of electing additional directors.

The CHAIRMAN said the number of directors, according to the articles of association, was to be not less than five and not more than ten. He thought the better number in a Company like this was 10, as with that number *the work of the Company could be divided amongst Committees.* It had, however, been ascertained that by the 6th clause of the articles of association it was necessary 14 days' notice of nominations should be given, and therefore it would be necessary to adjourn the meeting. The gentlemen already nominated were Mr. Brassey, M.P., Mr. J. G. Talbot, M.P., Mr. J. Pearce, and Mr. R. E. Farrant. It was proposed to adjourn the meeting to the 15th August, when it would be a special meeting for the election of directors, and for no other business.

MR. LE BAS seconded the resolution, which was carried, and the proceedings terminated by a vote of thanks to the Chairman, moved by Mr. Morley, M.P., seconded by Mr. Whitworth, M.P., and carried by acclamation.

The CHAIRMAN, in thanking the meeting for this vote, assured the shareholders that no one on the present board of directors desired to retain his seat beyond the time intervening between this and the next annual meeting in March. For himself, he desired distinctly to be relieved of the honour, as his occupations would not allow him, particularly when a new session of Parliament commenced, to give that time which such a position required. If they could get a man who combined practical knowledge as well as position, so much the better. If, in the meantime, his gratuitous services could be useful, he should be very happy to remain. The gentlemen now controlling the Company had agreed among themselves that no one of them would leave it until their places could be filled up by others. At the same time, he repeated, there was no wish on their part to retain their seats after experienced and able men could be found to take their places.

(To be continued.)

QUEEN'S BENCH DIVISION.

Sittings at Nisi Prius at Guildhall, before Mr. Justice Field and a special jury, Saturday, March 29th, 1879.

FRANKENBERG V. THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY (LIMITED).

THIS was an action to recover a large sum of money for goods sold and delivered. The defendants admitted that the goods were supplied, but that they were not ordered by the proper officers, that the prices were unfair and unreasonable, that the contracts were entered into in fraud and collusion, and the defendants sought to recover back the money so overpaid.

Mr. Kemp, Q.C., and Mr. Poulton were counsel for the plaintiff; Mr. C. Russell, Q.C., Mr. Vaughan Williams, and Mr. Corrie Grant were counsel for the defendants.

Mr. Kemp, in stating the plaintiff's case to the jury, said that he was a foreigner, but had been established in business in this country for some years in the oil and glass business, and lately in ironmongery, and he had brought this action to recover a sum exceeding £3,000 for goods supplied to the defendants. The company in question was formed in 1867, principally by a person named Swindlehurst, in connection with Mr. Evelyn Ashley and other gentlemen of position, for the purpose of erecting dwellings for the artisan class. They commenced by purchasing Shaftesbury Park Estate at Wandsworth, which originally belonged to a gentleman named Spence. That gentleman had had dealings with the plaintiff, who, in consequence, became aware of the fact that the defendants were about to erect some houses on the site, and through Mr. Spence he came into communication with Swindlehurst, who was manager, secretary, and one of the directors of the company. He had the general control and supervision of the erection of houses, the purchase of goods, and everything connected with the objects of the company. He first made a contract with a person named Parsons, but it not being carried out to the satisfaction of Swindlehurst, Parsons was got rid of, and the company commenced building on their own account, Swindlehurst superintending the building, and making contracts with a variety of persons, and, amongst others, with the plaintiff for glass, oils, and paint. After a time, Swindlehurst complained of the charges for ironmongery made by their contractor, and said that he could not get the articles supplied as he wanted them. A man named Mash superintended the plaintiff's oil and glass business, and, being acquainted with the ironmongery trade also, he suggested that he should obtain the prices of goods required by the defendants, and that the plaintiff should tender for supplying them. When the plaintiff had obtained the quotations he submitted his prices, and supplied the goods to Swindlehurst. After some negotiation, orders were given and paid for on the first Monday in the month after the invoices had been examined and checked by a person in the employ of the company. In 1875 the defendants purchased the Queen's Park Estate, in the Harrow Road, and in that year the plaintiff applied to be allowed to supply the goods required in the erection of the first 500 houses which the company had decided on building. In 1876 the company was dissatisfied with the plumbing work that was being done by a Mr. Graves in their houses by contract, and that becoming known to the plaintiff, he sent in a contract for doing the plumbing work for 1,000 houses at £4 10s. per house, but the samples sent in for that price Swindlehurst

did not consider sufficiently good, and the consequence was that a second tender was sent in and accepted at £4 17s. 6d. per house. The plaintiff also supplied the oils, paint, and glass for the erection of these houses. The defence to the present action was, he understood to be, that the prices charged were so excessive that either there must have been fraud committed by the plaintiff's bribing Swindlehurst, or having allowed him to share the profits. So far from either charge being true, nothing had passed between the plaintiff and Swindlehurst in the shape of bribery but the present of a goose (laughter) at Christmas and a dinner service on the occasion of a marriage in Swindlehurst's family. The oils, paint, and glass were supplied at the market prices, so was the ironmongery, with the exception of a few articles that might be picked out as being high.

Mr. Justice Field said that he had so far listened attentively to the statement of the learned counsel, and also he had looked over the voluminous particulars and details on both sides. It appeared to him hopeless to try the case by a jury. If the case consisted in an ascertained and definite charge, it could be done, but instead of that it was only whether this large number of items were charged at a reasonable price.

Mr. Kemp said it was difficult to separate the charge that was made by the defendants in the statement of defence and the question of the reasonableness or otherwise of the charges.

Mr. Justice Field said he thought he must make an order under the 57th order, and refer it. It was hopeless to try it by a jury.

Mr. Kemp said that at some stage the accounts would have to be investigated.

Mr. C. Russell, Q.C., said that defendants were anxious to have the opinion of a jury on the points in dispute. They were all agreed that if this case should become a question of price only the court would not be able to deal with it. His case was that if two hundred instances were taken of the principal articles supplied he could show that the plaintiff had put a profit on them on the manufacturers' charges varying from 95 to 500 per cent.

Mr. Kemp said that no doubt in many instances the charges were very high, but if they took a general average of the whole sums charged it only left a net profit for the whole of 15 per cent.

Mr. Justice Field said he was quite ready to try the case, and he was sure the jury were also, if it could be put into such a shape that they could do so. It was idle to expect the jury to be engaged for days going through the accounts and ascertaining whether every item was a fair and reasonable charge. He must exercise his power, and refer it under the 57th order of the rules and orders made under the Judicature Act. He, therefore, made an order that the case should be referred to the official referee, with power to apply to him (Mr. Justice Field) at Chambers.

The case was accordingly referred, the learned judge certifying for a special jury.

[Shareholders who have followed our *resumé* of the company's operations given in previous numbers of *House and Home* will be able to correct Mr. Kemp's errors respecting the early history of the company.—Ed.]

PUBLICATIONS.

Evans's Temperance Annual, London: Tweedie and Co., has reached its third season, and, although late, we bespeak for it a circulation amongst our friends. Those who invest threepence (its published price) in this little annual, will get more than threepennyworth of fun out of it, besides much instructive matter on diet. As we intend giving extracts in an early number, we will now content ourselves with warmly recommending Mr. Evans's sparkling annual.

RECEIVED.—*The Church of England Temperance Chronicle: The Dietetic Reformer; The Herald of Health* (a very useful journal); *The Temperance Journal* (this paper deserves an extensive circulation—it is largely contributed to by Dr. F. R. Lees and Mr. William Hoyle); *The Building World* (a valuable monthly paper, interesting not only to those engaged in the building trade, but to the public); *The Alliance News* (the organ of political temperance); *The Hull Miscellany* (this nicely got up magazine merits, and doubtless obtains, a wide circulation outside the town in which it is published); *The Penny Bank News*, edited by G. C. T. Bartley (chronicles the progress of an important movement, and is issued to depositors at one halfpenny.)

THE CRECHE BAZAAR.

OWING to the inclement weather during the bazaar in the City Terminus Hotel on behalf of Mrs. Hilton's Crèche and Infant Home in Stepney Causeway, a considerable stock of useful and fancy articles is left on hand, to dispose of which a sale will take place on the Crèche premises on Monday, Tuesday, and Wednesday next, from two o'clock in the afternoon till ten in the evening.

THE COST OF TOBACCO.

THE medical aspects of the tobacco question have often engaged the doctors and the public, but another side of the controversy has scarcely received the attention which it deserves. Whatever may be said for or against the use of the narcotic, all must freely acknowledge that it is not necessary to health and happiness, and that the money spent upon it might be more advantageously employed. When the enormous sums expended upon it are considered, it is important that its politico-economical aspect should be brought before the public. Some interesting particulars of the tobacco consumed during the present century appeared in the *Statistical Journal*, in 1872. It appears from these figures that the quantity of tobacco which has either been turned into smoke, chewed, or snuffed by two generations of Britons, amounts to the enormous aggregate of 1,280,094 tons—and that the money cost of this luxury has been £578,039,841.

When a total reaches nine figures, the mind scarcely grasps anything more than a vague idea of vastness. To give a more vivid notion of the extent of this expenditure, let us suppose a sum which would buy a nice allotment 'out in the clear' for every householder in the kingdom. A kitchen and flower garden might have their humanising influences, and serve to counteract some of the evils which have so far attended the march of civilization. Again, let us say that this nice little sum of money, instead of having vanished into thin air, as is really the case, was about to be distributed equally among the householders of Great Britain, the sum which every head of a family would receive would be over ninety pounds. A very acceptable Christmas present this would be to the majority of us. Or let us suppose some young banker's clerk of twenty to be assigned the task of counting the entire sum expended during the century upon tobacco. Reckoning him to tell off 2,220 sovereigns in every golden hour that flew, and to work without 'Sunday rest or holiday' ten hours per day, he would, if he lived and worked to ninety years of age, have a still uncounted pile before him of 10,401,500 sovereigns. Once more, if these 578,000,000 were placed side by side they would reach more than twice round the world; and if we presume that the Wandering Jew were set the pleasing task of walking to the end of these golden fetters, it would take him, if he walked continuously at the rate of twenty miles a day, nearly two years to accomplish his task. Again, if the sovereigns were changed for £5 notes, and these bound up into volumes, they would form a library of over 385,000 volumes. Perhaps works more to the taste of the general public could not be produced by poet or novelist, and very few would tire of dipping into such notable books.

These comparisons, though somewhat bizarre, may serve to bring home to our minds an adequate sense of the vastness of the national expenditure upon tobacco; but they will also suggest to the thoughtful mind a serious mode of treating the matter which might fittingly be adopted. It is by no means gratifying to see such wealth wasted in sensuous gratification and to think this, that if the two generations of Englishmen with whom we are dealing had turned their attention to the welfare of the labouring classes, and applied this money in building comfortable cottage homes for our swarms of workers 'at an average cost of £100 each,' the country at this moment might have been dotted over with upwards of 5,780,000 well built and cozy homes, bringing comfort and contentment to the whole body of our workers.—From the *Hull Miscellany*, edited by William Andrews, F.R.H.S.

BUILDING WITH BAD FOUNDATIONS.—On Monday last, at the Court House, Edmonton, before Mr. James Abbiss and others, Arthur Jukes, of 13, Buckingham Road, Wood Green, was summoned at the instance of the Tottenham Local Board for having on the 19th inst. begun to erect four dwelling-houses, situate in Tewkesbury Road, Seven Sisters' Road, the foundations of which do not rest upon solid ground, or upon concrete, or upon some other solid substratum, as required by Bye-law 104 of the Local Board. Mr. Crowse, clerk to the Local Board, appeared in support of the summons. Mr. De Pape, surveyor to the Local Board, gave evidence that the trench on which the foundations were being built was only six inches deep instead of twelve, and, instead of being laid on a bed of concrete, they were being laid on rubbish, earth, stones, and improperly burnt clay. Defendant said the difference between the price of good and bad concrete was so little that it was of no consideration to him. He had very little experience in building such houses, and if he did wrong it was through ignorance. Fined £25, being £5 penalty and £2 a day for ten days. Mr. Abbiss said they were determined as far as possible to put an end to this defiance of the rules of the Local Board, and he trusted that in future those who broke the rules would be summoned for each house.

HYGIENE.

A NEW MODE OF REGULATING THE HEALTH OF INFANTS.

Journal d'Hygiène, February 27th, 1879.

THE health of infants is usually known from external appearances; but these are sometimes deceptive, and the babe is unable to speak of its true condition. The best mode of ascertaining the improvement or the decline is the use of the scales. Let the infant be periodically weighed, and its true condition is evident. The weighings should take place every eight days during the five months following its birth, then every fifteen days, and lastly every month. No special apparatus is necessary; a pair of large scales such as are used for groceries will do. Let the infant be placed on one scale with its swaddling-clothes on, in a basket or on a small board. After the weight is shown, change the babe's linen and weigh that likewise. By the difference between the two trials of weight, the exact weight of the infant's body is known. The following figures will guide:—The average weight of an infant at birth is 3 kilogrammes 500; for three or four days after the babe loses weight; in seven day's time it returns to the weight at its birth. During five months it increases from 10 to 15 grammes a day; at the end of that time the weight at birth should be doubled. From this age the weight increases on an average more than from 10 to 15 grammes a day. At the age of sixteen or eighteen months the weight should be double that of the infant at five months. When there is a great difference between the figures, the doctor should be informed. The trial of weight should take place in the morning, after the functions of nature have operated, and before the child is suckled. Moreover, it is not the actual weight of the babe at the time that should be considered, but the series of weights showing exactly a periodical increase.

DAILY BATHING.

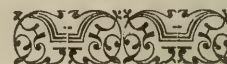
No one who desires health and strength should omit daily bathing. The whole body needs a daily ablution, and not merely the hands and the face. It must be remembered that the skin is not only a covering for the body, but it is also a collection of millions of purifying glands, which separate foul matter from the blood, and expel it through little tubes in the skin, either as sensible, or insensible perspiration. When the pores of the skin are clogged with dirt, or these glands are torpid or inactive, the bad matter is kept in the blood to poison it, and disease is sure to follow if this long continues.

It should never be offered as an excuse for neglecting the daily bath, that the necessary conveniences are not always present when wanted. A bath which will cleanse and invigorate may be taken with a quart of water, and a couple of towels, in the smallest bedroom. Wet one towel thoroughly, and rub over the whole body, and then follow with plenty of gentle rubbing with the dry towel; this will be found both refreshing and strengthening, besides being essential to cleanliness. It brings a warm glow to the skin, encouraging the free flow of blood through its vessels, and guards against the risk of taking cold

from accidental exposure during the day. Even in the coldest weather of winter time, this bathing should not be neglected; if you do not fancy cold water, try tepid, though cold water proves beneficial to most persons. It is a positive fact, that people who wash all over with cold water before they dress, feel much warmer and comfortable than those who huddle their clothes on as fast as they can, on an unwashed skin; besides, they have a sense of comfort that hardly wears off with the day, and I guarantee they feel more cheerful and contented than the unwashed person.

So great indeed is the effect of cleanliness upon man that it extends even to his moral character. Virtue cannot dwell long with filth. Even among the beasts of the field and the birds of the air, we find that those which are the most cleanly are generally the most gay and cheerful, and the most contented. I think no one who has once tried the plan of washing thoroughly every morning will ever again desert it. They will go on with it, if it be only for the pleasure and delight that they find in the practice, but it is, nevertheless, conducive to health and longevity.

R. SHIPMAN.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(*The Editor is not responsible for the views of Correspondents.*)

SEATS FOR SHOPWOMEN.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,--

Will no liberal-minded, large-hearted merchant prince stand forth from amid the crowd and earn the gratitude of countless thousands of young women who, according to the present iniquitous custom of the trade, are compelled to stand from morning to night, by providing seats for his assistants, and allow them to make use occasionally of those much-needed rests for the weary? Shall it be said of this great metropolis—the centre of civilisation—that it had at length to follow reluctantly the example set it by smaller towns, and to provide seats for shop assistants? Many provincial towns have set the example. In Liverpool, Bristol, Chester, Dublin, and numbers of other towns that we could mention, employers are recognising the cruelty they have thus far been guilty of, and are endeavouring to make amends for their past thoughtlessness.

Writing from Dublin last week, a correspondent tells us, 'Ten of our chief firms have provided seats, and others have agreed to do so at an early date.' Messrs. Copland and Lye, of Glasgow, who have had seats for their assistants for many years past, say, 'We have not found that the use of these seats behind our counters has in any way interfered with the proper performance of the duties required of our young ladies, or encouraged idleness or waste of time; but, on the contrary, we find that they can go through the day's work much easier by taking an occasional rest, being thereby enabled to perform their duties with more spirit and expedition.' Mr. Ewen, of Chester, writes, 'I have never found them obstructive when in use, nor do my assistants when seated, appear to be lazy, indifferent, or inattentive, but, contrariwise, they are industrious, alert, and attentively civil to my customers.'

Could any better testimony to the employment of seats behind counters be given than this? And yet in this age of refinement and civilisation we compel young and growing girls to stand the whole day long in business without the option of sitting, except at the brief intervals for their hurried meals. Surely the time has come for directing public attention to this refined cruelty. 'I could an' I would' tell many a sad story of weary suffering, of health permanently injured, of hopes of success in life blighted, and even of victims carried to an early grave, from the results of

this cruel custom. Will no one come out from among the crowd, and show practically their sympathy with the movement, and set an example that others may follow?

Some of the leading firms at the West End have, it is true, provided seats for their assistants, but they prove the exception to the rule above stated, and as no attempt has been made by them to influence other employers in the drapery trade to make a similar concession, it cannot be said that these West End firms have set other than a passive example. Still it is important as showing that seats can be provided without interfering with the transaction of business.

Thanking you, sir, for kindly opening your columns to a consideration of the subject,

I beg to remain, yours obediently,

ARTHUR W. EDIS, M.D.

22, Wimpole Street, W., March 25.

HOW TO CHEAT THE DOCTOR.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Trusting that my last letter on cisterns and waste-pipes has been of some benefit to your readers, for the good of their families I venture now to give a little *homely* advice on ventilation of rooms, the next best safeguard to health. When I say trusting, I can but trust, although it would be satisfactory to feel that some *have* followed my advice regarding their cisterns. Ventilation is an all-absorbing subject amongst scientific men and amateurs; it is carried now to the other extreme. Not long since I had to examine the ventilation of troop-rooms, and the apertures were so numerous and of such a variety that I ventured respectfully to ask to have a finger at each, pointing which way the pure air was *ordered* to come in and the foul to go out. A friend told me that when he stood in the middle of his room his hair took the form of a cone twisted upwards to a point. Alas! poor fellow! he is no more. *No one* will submit to a draught, not even the *scientific* amateur. The secret then lays in plenty of fresh air to breathe, without exposure to a current, and how best to obtain it. Beginning with the erection of labourer's dwellings, I should adopt a system which I advocated many years ago for *all* rooms, and more particularly for those where large bodies of men are congregated together, schools, and such like, and where there are no galleries. Thus, about two inches from the wall, I place a skirting of wood from the floor to about seven feet high all round, open at the top, merely covered with well-perforated zinc. This space between the skirting and the wall should have as many communications with the outside as may be available: thus you will have free inlet of air and no draught. To *imitate* this, as nearly as possible, in a cottage already built, you may open your window from the bottom about an inch, and shut that opening up by a board or cloth, leaving air to come in between the sashes. The plan of wood skirting I recommended as far back as about the year 1845, and then it was not altogether an *original* idea, as I had seen something similar in practice in a billiard-room at Leeds, where you could scarcely perceive cigar-smoke, although many cigars were being smoked. For barrack-rooms, school-rooms, and labourers' dwellings I think it would be invaluable. I do not approve of the apertures at the floor—the fellow sleeping near always puts his breeches over it. So much for ingress, or the 'comings-in.' How about the 'goings-out,' or egress? The fire-place or chimney is the only permanent outlet in a labourer's room, but that is too low and not sufficient, and eventually the fireside would be the coldest instead of the warmest place in the apartment, should there be an excess of fresh air entering. To avoid this we must have an opening near the ceiling, according to the position of the walls, and outside of the building. In large rooms, where possible, a gas-burner (sunlight) is advisable as a conductor for the foul air, and the ceiling of as much of a dome shape as can be contrived, and as many cupolas, as it were, as possible: and, when these are not practicable, shafts must be utilised. One word before I leave this subject—cleanliness is one of the essentials for keeping air pure.

Yours faithfully,

RADIX.

March 17th, 1879.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

WHAT IS FOLLY?

To think that the more a man eats the fatter and stronger he will become.

To conclude that if exercise is healthful, the more violent or exhaustive it is, the more good will be done.

To imagine that every hour taken from sleep is an hour *gained*.

To argue that whatever causes one to feel immediately better is 'good for the system,' without regard to after effects.

To commit an act which is felt in itself to be prejudicial, hoping that, somehow or other, it may be done in your case with impunity.

To eat without an appetite, or to continue eating after it has been satisfied.

To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.

To remove a portion of the covering immediately after exercise, when the most stupid drayman knows that if he does not put a cover on his horse the moment he ceases to work in winter, he will lose him in a few days by pneumonia.

To presume to repeat, later in life, without injury, the indiscretions, exposures, and intemperance, which, in the flush of youth, were practised with impunity.

To believe that warm air is necessarily impure, or that cold air is necessarily more unhealthy than the confined air of a crowded vehicle. The latter, at most, can only cause nausea, while entering a conveyance after walking briskly, and lowering a window, will, by exposing to a draught, give a cold infallibly, or an attack of pleurisy or pneumonia, which will cause weeks and months of suffering, if not actual death within four days.

To 'remember the Sabbath day' by working harder and later on Saturday than any other day in the week, with a view of sleeping late next morning and staying at home all day to rest, conscience being quieted by the plea of not feeling very well.

PHRENOLOGY.

STACKPOOL E. O'DELL, PHRENOLOGIST

(With a competent staff), has established his MUSEUM and PHRENOLOGICAL EXAMINATION ROOMS in the late *Echo* Office, LUDGATE CIRCUS, corner of Fleet Street, where Phrenological Advice is given daily, from 10 to 10.

Your Character told, What to guard against, What to avoid, and What you will be most successful at. Fees, 1s. to 7s. 6d.

2,500 Testimonials, with name, date, and address, including one from the RIGHT HON. W. E. GLADSTONE, M.P., can be inspected by applying to the Attendant.

Extracts from the Press to be had *gratis*.

Delineations of Gladstone, Disraeli, and Bright, by Stackpool E. O'Dell. Price 3d.

EXTRACTS FROM ABOVE PAMPHLET.

'In concluding the Phrenological characteristics of these three great political "Leaders" (Bright, Gladstone, and Disraeli), I again reiterate that each one is great, though in a different way—each displaying a different style of greatness. I would, for a moment, give a brief *resumé* of the three.

'Mr. Bright's organisation denotes power from all points of view; great boldness of thought and speech, a large share of Animal *Magnetism*, and a live sympathy that electrifies and wins an audience. If you ask me what position I would place him in, I would reply, "Make him President of America, and with him it would indeed become a Grand Republic."

'Mr. Gladstone has an intelligence of a superior kind. He is likewise a sound, practical thinker. He has much breadth of thought. In him honour and uprightness are personified; for he would have "justice, though the heavens were to fall" (*fiat justitia ruat in celo*); and though there are the abilities to make an eminent statesman, yet his views would be far in advance of his time, therefore his efforts would be to a great extent unacceptable; but he would be pre-eminently suited for Literature of a classical, practical, and serious nature, and for such works as would live.

'In regard to Mr. Disraeli, he was born to be a leader—not a follower—and he has all the abilities required both to get and to keep the lead. He does not lack daring, or the ability required to add to a nation's greatness; but while his Talents are great, his Tact is greater still, and often prevents him from making use of the former; and, though he may dare all things, *he will not dare to lose.*'

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

'I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth*.

If ever household affections and love are graceful things, they are graceful in the poor. The ties that bind the wealthy and the proud to home may be forged on earth; but those which link the poor man to his humble hearth are of the true metal, and bear the stamp of heaven. The man of the highest descent may love the halls and lands of his inheritance as a part of himself, of trophies of his birth and power; the poor man's attachment to the tenement he holds, which strangers have held before and may to-morrow occupy again, has a worthier root, struck deep into a purer soil. His household gods are of flesh and blood, with no alloy of silver, gold, or precious stones: he has no property but in the affections of his own heart; and when they endear bare floors and walls, despite of toil and scanty meals—that man has his love of home from God, and his rude hut becomes a solemn place.—*Dickens*.

The angry word suppressed, the taunting thought,
Subduing and subdued, the petty strife
Which clouds the colour of domestic life,
The sober comfort, all the peace which springs
From the large aggregate of little things—
On these small cares, of daughter, wife, or friend,
The almost sacred joys of home depend.

Hannah Moore.

It was the policy of the good old gentleman to make his children feel that home was the happiest place in the world; and I value this delicious home feeling as one of the choicest gifts a parent can bestow.—*Washington Irving*.

And has the earth lost its so spacious round,
The sky its blue circumference above,
That in this little chamber they are found—
Both earth and heaven—my universe of love?
All that my God can give me or remove,
Here sleeping, save myself in mimic death;
Sweet, that in this small compass I behave
To live their living and to breathe their breath!
Almost I wish that, with one common sigh,
We might resign all mundane care and strife,
And seek together that transcendent sky
Where father, mother, children, husband, wife,
Together pant in everlasting life.

Tom Hood.

Contentment is the best food to preserve a sound man, and the best medicine to restore a sick man. It resembles the gilt on nauseous pills, which makes a man take them without tasting their bitterness. Contentment will make a cottage look as fair as a palace. He is not a poor man that hath but little, but he is a poor man that wants much.—*William Secker*.

Are you not surprised to find how independent of money peace of conscience is, and how much happiness can be condensed in the humblest home? A cottage will not hold the bulky furniture and sumptuous accommodation of a mansion; but, if God be there, a cottage will hold as much happiness as might stock a palace.—*Dr. James Hamilton*.

We should never estimate the soundness of principles by our own ability to defend them; or consider an objection as unanswerable, to which we can find no reply. It is an absurd self-confidence, especially in a young person, to abandon his principles as soon as he may find himself worsted in argument. There is no defence against flippant sophistry so effectual as an intelligent modesty. Indeed, genuine firmness of mind consists greatly in an habitual recollection of our own moderate powers and acquirements.—*Taylor's Elements of Thought*.

As knowledge, without justice, ought to be called cunning rather than wisdom, so a mind prepared to meet danger, if excited by its own eagerness, and not the public good, deserves the name of audacity rather than of courage.—*Plato*.

It is always safe to learn, even from our enemies—seldom safe to venture to instruct even our friends.—*C. C. Colton*.

By the sun, and its rising brightness;
By the moon when she followeth him;
By the day when it showeth his splendour;
By the night when it covereth him with darkness;
By the heaven, and Him who built it;
By the earth, and Him who spread it forth;
By the soul, and Him who completely formed it,
And inspired into the same its faculty of distinguishing,
And power of choosing wickedness and piety;
Now is he who hath purified the same happy;
But he who hath corrupted the same miserable.

Koran.

'I have seen
A curious child, who dwelt upon a tract
Of inland ground, applying to his ear
The convolutions of a smooth-lipped shell;
To which, in silence hushed, his very soul
Listened intensely; and his countenance soon
Brightened with joy; for murmurings from within
Were heard—sonorous cadences! whereby
To his belief, the Monitor expressed
Mysterious union with its native sea.
Even such a shell the Universe itself.

Wordsworth.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

J. K. COLLET.—We gladly exhibit your plans for laying out building land. They are novel, but secure distinct advantages.

C. W. BUTLER.—We are continually receiving complaints about the difficulty of getting our paper through trade channels. Each of the firms you mention, however, deny that they have failed to supply it when asked for. Messrs. Smith and Sons sell it, and it may be obtained at their bookstalls.

J. CHEESEMAN.—Your article is still under consideration. We will communicate with you if it is not published.

Received with thanks.—C. G., M. H. J., W. H. L., R. S., C. D., M. A.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

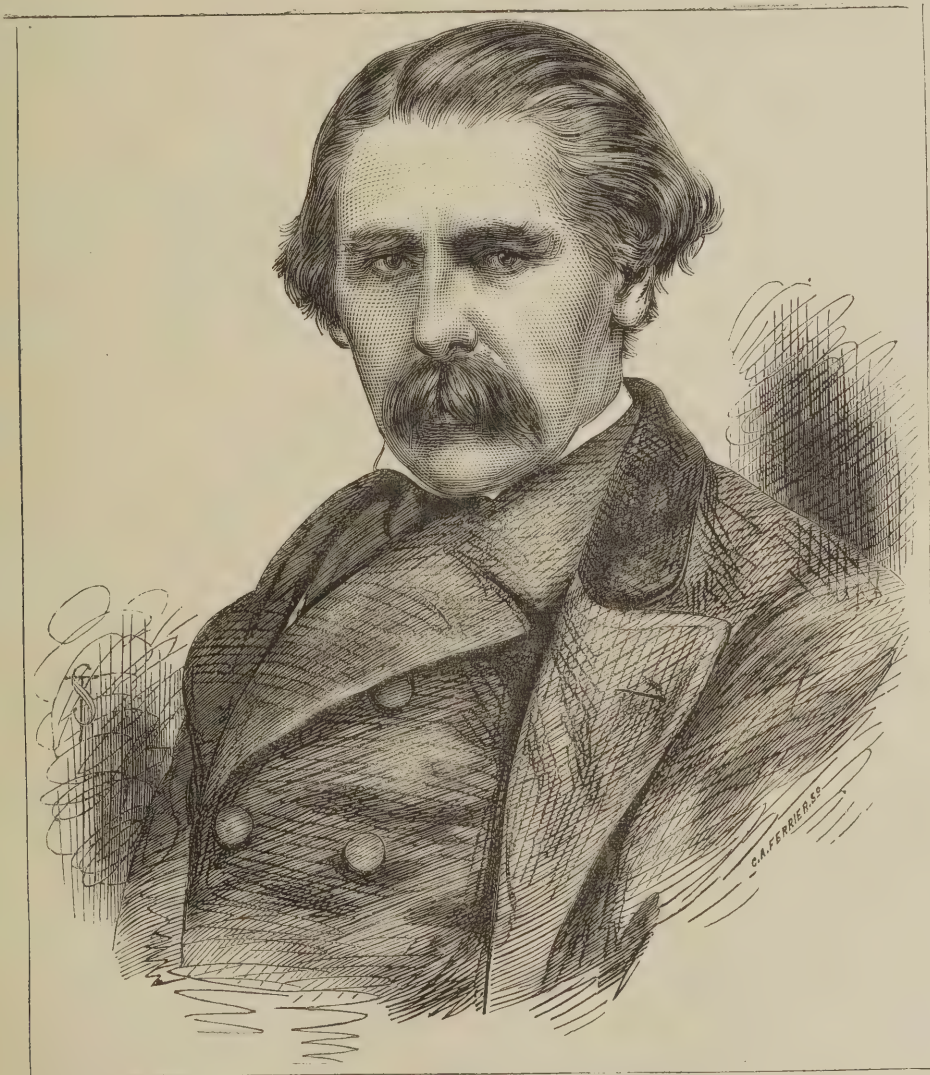
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 12, Vol. I.]

SATURDAY, APRIL 12TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



SIR HENRY THOMPSON, F.R.C.S.

JOURNAL OF
CONSTRUCTION
SOCIETIES: DITTE
"XX"
BANK

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: APRIL 12th, 1879.

CONTENTS.

	PAGE
SIR HENRY THOMPSON, F.R.C.S.	137
COLONIAL HOMES I HAVE KNOWN	138
ON THE DISGRACE, DISCOMFORT, AND DISEASE OF TIGHT LACING .	138
ON THE SOCIAL NECESSITY OF POPULAR SANITARY SCIENCE .	139
DEATH OF LADY TREVELYAN	140
ON THE DECLINE OF LEPROSY IN ENGLAND	141
PEAS	143
THE FLOUR CASE	143
ARTIZANS' DWELLINGS ACT	144
ARTIZANS' DWELLINGS COMPANY	144
NATIONAL HEALTH.—WRONGS OF SHOPWOMEN	146
LAMBETH BATH MEETINGS	146
DEATH OF MISS METEYARD	146
GEMS OF THOUGHT	147

SIR HENRY THOMPSON, F.R.C.S.

SIR HENRY THOMPSON, F.R.C.S., whose portrait we give this week, was born at Framlingham, Suffolk, August 6th, 1820. He was educated at University College, London, and became Assistant Surgeon to the University College Hospital in 1853, Surgeon in 1863, and Professor of Clinical Surgery in 1866. He gained the Jacksonian prize of the Royal College of Surgeons in 1852, and again in 1860, by two surgical essays; and he is also the author of several other works, medical and sanitary, including 'Practical Lithotomy and Lithotrity,' published in 1863. To him belongs the chief merit of surgical and mechanical improvements in treating one of the most painful diseases to which humanity is subject. In 1863 Sir Henry was appointed Surgeon Extraordinary to the late King of the Belgians, and in 1866 he received the same appointment from the present King. In 1873 he was called to attend the late Emperor Napoleon at Chislehurst. Sir Henry Thompson was knighted in 1867.

He is well known as an advocate of sanitary reform, and society has been startled by the boldness of his advocacy of cremation instead of burial, and of the disuse of intoxicating liquors. In 1873 he opened up the discussion of the practice of cremation by a paper contributed to the *Contemporary Review*; and, notwithstanding the disfavour with which the proposal is at present viewed, Sir Henry adheres to his advocacy of it. The Cremation Society recently addressed a letter to the Home Secretary explanatory of its objects, and Sir Henry is there returned as being chairman, *pro tem.*, of the council.

On October 10th, 1873, Sir Henry Thompson addressed a letter to His Grace the Archbishop of Canterbury upon the use of alcoholic beverages, in which he wrote:

'I have long had the conviction that there is no greater

cause of evil, moral and physical, in this country than the use of alcoholic beverages. I do not mean by this that extreme indulgence which produces drunkenness. The habitual use of fermented liquors to an extent far short of what is necessary to produce that condition, and such as is quite common in all ranks of society, injures the body and diminishes the mental power to an extent which I think few people are aware of. Such, at all events, is the result of observation during more than twenty years of professional life devoted to hospital practice, and to private practice in every rank above it. Thus, I HAVE NO HESITATION IN ATTRIBUTING A VERY LARGE PROPORTION OF SOME OF THE MOST PAINFUL AND DANGEROUS MALADIES WHICH COME UNDER MY NOTICE, AS WELL AS THOSE WHICH EVERY MEDICAL MAN HAS TO TREAT, TO THE ORDINARY and daily use of fermented drink taken in the quantity which is CONVENTIONALLY DEEMED MODERATE. Whatever may be said in regard to its evil influence on the mental and moral faculties, as to the fact above stated I feel that I have a right to speak with authority; and I do so solely because it appears to me a duty, especially at this moment, not to be silent on a matter of such extreme importance.'

When presiding in Exeter Hall, on February 7th, 1877, at a meeting upon moderate drinking, held under the auspices of the National Temperance League, Sir Henry said: 'We must not be too dogmatic. The more I see of life, the more I see that we cannot lay down rigid dogmas for everybody. I will tell you who can't take alcohol, and that is very important in the present day. Of all the people I know who cannot stand alcohol, it is the brain-workers; and you know it is the brain-workers that are increasing in number, and that the people who do not use their brains are going down, and that is a noteworthy incident in relation to the future. . . . Now I will say a few words to you on a question which is put to me so often and so pointedly—"If alcohol is so potent a poison, so dreadful a scourge as you make it out to be, how is it that those grand old fellows, our forefathers, lived to be seventy or eighty years, and died full of years, health, and honour—men who have been two or three-bottle men all their lives?" That is put to me as a great puzzle; and it is often considered to be one. I have heard a contrary statement made, in reply, to this effect—"Ah! yes, they had good constitutions in those days. The type of life has altered. There were giants in those days. We don't produce that sort of man now." That is not at all my reply, and I believe it is not the correct one. First of all I should say: My friend, you tell me of the survivors, what about the men who went down? (Hear, hear, and cheers). There were grand old constitutions in those days, and they stood uncommonly well; but there were plenty of weak ones. Why is life longer now than it used to be? Among many causes, one is that the usages of drinking are not so severe as they were. Hundreds of young men who sat by the side of those old fellows were made to drink equal glasses. The high tides of alcohol that those old men kept abreast of, swept down many a young fellow. (Hear, hear.) That is the first answer; and the second is that it is not the type of constitution that has changed, it is the circumstances that have changed.'

COLONIAL HOMES I HAVE KNOWN.

BY JAMES BONWICK, F.R.G.S.

'HAVEN'T we a happy home here?' So spoke a really beautiful young wife, turning her eager joyous face upon me.

I was then gazing through the soft twilight upon a charming Australian landscape, though it was in the throes of an advancing civilisation. A limestone formation there was, covered with a rich chocolate soil, and its glorious native foliage was being gradually supplanted by the nodding corn. A broad river of lava had descended from an old crater, and was adding a picturesque beauty, while yielding a supply of phosphates for coming farmers.

The homestead was a simple dwelling of two rooms, of wooden material, neatly put together. The furniture was not of the ordinary rude Bush character, though of few pieces. Tables, chairs, and couch, had evidently come from town. Even a piano, well-laden with choice books, found a corner. I had been privately informed that another article, warranted to rock safely had been ordered, on the chance of being wanted some day.

The little farm around was in the infancy of its existence, struggling into order. The man said *she* would not wait till he had got everything to rights. The lady archly replied that *he* struck work till *she* could come and help him out of the chaos. He was certainly made more contented by her presence, and she was well pleased to be his helpmate.

For some years the young man had saved the greater part of his salary in a situation, and now had purchased a few acres in this lovely wilderness. He had gained the heart of a fair one, governess in a settler's family. In the old country she had lived in refined society, and was a lady in expression and tastes. Passionately devoted to music, she made the possession of a piano one of the conditions of her union. Throughout the day she was as busy as a bee in household duties, being both baker and cook to the establishment. In the evening she would play some of the favourite airs of courting days, and be joined by her husband in song.

When looking upon this primitive sort of home, a real Eden to the loving pair, I could not but admire the brave heart that could put up with such hardships and toils, when affection bound her with a worthy man in the work of rearing a home for themselves. And when, that evening, the husband read aloud from the *old Book*, and the hymn of praise arose from the grateful ones, I felt that many struggling, lonely young people here might do worse than marry and be off to a colony. Love only lightens their labour, and mellows their trials. If with few luxuries, there would be true independence and comfort, while forming a home in the England over the seas.

HOME HAPPINESS.—Luxury may boast of her heartless galas, and her crowded fêtes; pleasure may exult in her brilliant coteries of taste and fashion; but how transient, how embittered, are the delights that pleasure and luxury can bestow, in comparison with those pure and heart-felt joys dispensed by friendly communication with those we love and honour! The happiness that is dispensed by cheerful family meetings, or in circles where attached associates meet, is of no evanescent nature; it not only gilds the moment of enjoyment, but occupies the memory with a cheering and undying influence; it opens the soul to generous confidence, warms the affections into a beneficent glow, urges to the exertion of every talent, however humble, that can conduce to the general gaiety. Amid such scenes suspicion and jealousy intrude not their venomous power; a fearless confidence prevails; heart expands to heart, and men feel the full value of existence.—*Hints on the Sources of Happiness.*

HYGIENE.

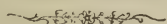
ON THE DISGRACE, DISCOMFORT, AND DISEASE OF TIGHT-LACING.

BY THE REV. H. B. HAWEIS.

IN a discourse on 'Criminal Ignorance and Thoughtlessness, delivered on Sunday, the 30th ult., to a crowded congregation at St. James's, Mr. Haweis said of tight-lacing:

'I will assume that practices opposed to health, as well as to comfort and to grace, are indulged in through ignorance or thoughtlessness. Some races have thought fit to alter the shape of the human skull in infancy; others have thought it desirable to crush and disfigure the nose and lips; whilst the Chinese think it well and pleasant to deform the feet; but it has been reserved for European Christians in the nineteenth century to crush in the framework of the body, and bruise and sometimes to pierce the vital organs with their own bones. We are told of the tyranny of fashion; but who makes the fashion? The costumiers? No; they are your servants; they will not make what you won't buy. You make the fashion; a diseased public taste is responsible for tight-lacing. Is this a question outside the sphere of pulpit admonition? Are we not bound to tell you, if you do not know it, that unwholesome practices are immoral? That it is a moral duty to regulate dress by the laws of health as well as decency? Shall we not arrest thoughtlessness and counsel public opinion to render account to common sense and common pity in this matter? But you cannot even plead that there is anything in the present fashion which is necessarily unwholesome or unseemly. In the last century there was—for the high waist produced cancer. But now there is an attempt, at least, to follow the lines of the human form, and that model, at once veiled and expressed, is, at all events, a divine one. But this monstrous compression mars it. God has made you one way—you think you can do better. You alter the lines of His natural grace into a disgrace of your own creation—and the consequence? Discomfort!—that you do not care for. Disease!—that comes on slowly, and may be set down to other causes. Ill-temper!—circulation checked, cold feet, hot head; pinched extremities; bitter, irritable temper, through disordered circulation. But all that is set down to venial infirmities, common to the kind. Alas! too common and most unkind!—for others suffer for the sake of your vanity and your shame! Aye, and your little children and unborn babes suffer, for you hand your debility on to them; you blight them in the cradle; they grow up with the wretched, sickly, disordered tendencies which you have first implanted in yourselves, with such ignorant, such thoughtless energy, such heroically vicious endurance! And what shall I say of premature death? You look on a brilliant scene for an hour—you are surrounded by apparent glowing health and enjoyment; but follow the victims—for some of these encased caricatures are victims; they are in actual torments, their smiles are forced, their breath comes heavily, their blood is checked through every vein and artery, and each vital function whilst in the midst of this earthly paradise is really in a hell of its own. Look—look on this picture and on *that*! I say, follow the victim out of the ball-room into the doctor's consulting room,

and thence to that couch of misery from which the unhappy body, deformed without and diseased within, will never again rise! When the door closes on the light and splendour of the revel, the veil is drawn quickly across—the public are shut out; but the true physician, of souls as well as of bodies, will invite you to enter that gloomier apartment, and hear the stern verdict upon another which to-morrow may be pronounced on you—“Death from natural causes!” Lay no such flattering unction to your soul. “*Death from rut in the liver and corn on the heart, produced by tight lacing.*” These are the very words of a leading physician of the day to me. You may not hear such words from many pulpits. Such hard, plain truth is called in bad taste. I will mend my taste in the pulpit when you mend your taste in the ball-room. When you lose there the bad habit of deforming nature and wrecking health, I will lose the bad taste of speaking plainly about it in the pulpit. I plead for nothing impossible—for nothing which cannot be, and which is not accomplished every day by sensible women in the best circles. Many plead for the mitigation of a public eye-sore against which our present fashion of following the natural lines of the body, instead of creating false ones, protests as loudly as do the doctors themselves. I wish you to go out of this church, not sneering at the impropriety of alluding to dress in the pulpit; I want you to raise this and every other question of practice which comes before you in church, and put it on a moral level, to be dealt with by the heat, motive power, and passion of a religious impulse; I want you to be reasonable, and, knowing the terrors of the violated law of nature, I pray to be persuasive; and this is the spirit in which I plead with you this morning against the evils of excessive compression in tight-lacing, that systematic outrage upon the human skeleton—that fatal attack upon the sacred organs of circulation, respiration, and nutrition.’



THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACHING OF SANITARY SCIENCE.

(A Paper read before the Society of Arts, on March 5th, 1879;
DR. B. W. RICHARDSON in the chair.)

By JOSEPH J. POPE, M.R.C.S., L.A.C.,

Staff-Surgeon (half-pay), Professor of Hygiene to the Birkbeck Institution.

MR. EDWIN CHADWICK recently made a statement that 120,000 preventable deaths annually occur in England and Wales. This may well startle and claim our attention.

In the first place, it assumes that the causes of these deaths are well known, and have been recognised; and secondly, that they are capable of satisfactory removal. It points at the same time, in an unmistakable yet lamentable manner, to the apathy and indifference with which we, as a people, have for so long a time possessed such knowledge, and failed to avail ourselves of its vital experience and humane lessons. Some may say matters have changed; and I am prepared to hear that the subject of sanitation is now receiving a fair modicum of attention. I may be told that, both in Parliament and municipality, an anxious endeavour now shows itself to recognise more pointedly the laws of health, and to enforce their observance,

and to a degree this is probably so; but in my opinion such legislation bears but little fruit, and *per se* is not likely to produce any more successful results in the future than it has achieved in the past.

The sanitary laws in this country, viewed in the aggregate, are useless, and comparatively inert; and this mainly arises from the fact that the generality of people still view sanitary reform with indifference, and as quite irrelevant to the ordinary needs of life.

Very few people, indeed, consider the subject of their own health, until warned by a present attack of sickness, through failing to acknowledge the true worth of science and medicine, which is far more preventive than remedial. Can it be doubted that it is better and wiser to abolish the cause of disease, to prevent its appearance, than to wait for its attack and cure the result? This desirable condition of things will never be attained unless the value of health is fully recognised by every member of every household. The people are positively ignorant of the simplest sanitary laws, and do not, therefore, know the powerful aid and assistance Government has placed at their disposal.

Our condition, as a nation, renders it an impossibility to legislate for the individual. Our institutions are totally opposed to what is termed ‘paternal’ government; and it becomes, therefore, absolutely necessary, if sanitation, with other matters, is to make satisfactory progress, that the individual should be educated to avail himself of the facilities provided by our system of law making, which deals, not with persons, but communities; not with houses, but with towns and districts. That is our present true need: the education of the people, so that they may recognise the value of health, and know that, in most cases, illness and disease result from their own follies and mistakes, or wilful disregard of the ordinary rules of morality and the commonest of sense.

The social economy of the Jews, which is believed to be of Divine origin, paid the most minute attention to the physical well-being of the people, certain requirements being exacted from the individual, some bearing upon his own person, others dealing with his relation to his fellow-man. The well-known motto, ‘Take care of Number One,’ is not, as many suppose, a selfish one. It deserves more thought than many seem to bestow upon it. The man who is mindful of his own health will not disregard that of his neighbours, but by example and influence, if not by teaching and precept, he will endeavour to establish healthy principles amongst the community.

A gentleman once, about to cross a ferry, called out to the watermen, ‘Who can swim?’ A dozen of them replied, ‘I can, sir;’ but observing one man slinking away, the gentleman went after him and stopped him, when he said, ‘Sir, I cannot swim!’ ‘Then you are my man,’ replied the gentleman, ‘for you are sure to take care of me for your own sake.’

It is only in the personal and practical application of sanitary knowledge that we can secure its advantageous and proper results.

A town may be supplied with an abundant and pure source of water, and the inhabitants may fail to reap much benefit. The corporation may erect works, baths, and washhouses, and even give every house a constant supply; it will be but of small use if the inhabitants do not recognise the value of cleanliness.

The law provides the means for the removal of disease, but it rests with the individual to prevent it; and as the people are taught the plain unvarnished facts of sanitary science, and there is brought practically and popularly under their own observation the ease with which personal health may be secured, and the capability they possess of maintaining it, we may hope to attain that vigorous and sound condition as a nation to which we are entitled.

As we surely acknowledge that our social life should be guided by a code of moral precepts, which must be taught to and made obligatory upon every human being, so we cannot, without wilful obstinacy, shut our eyes to the facts that our physical life and its various conditions depend upon as certain laws and regulations, with which each and every one amongst us should be fully conversant. May we look hopefully forward to such a time?

In our moral code, matters formerly of tentative and exceptional nature have, by the progress of civilisation and social development become elevated into the position of commands which are now recognised as binding upon every member of the community.

I need but draw your attention to the rudimentary civilisation of the Middle Ages, or the more recent examples of the customs and conduct of savage races, to show that such crimes as murder, arson, and rape, with all kinds of duplicity, were not only abundant, but even tolerated and regarded with complacency. This has fortunately ceased, and we now view with horror, and punish with just severity, offences and malpractices which touch upon our moral or social relationship.

Can we not anticipate a time when sanitary crimes shall become as well known and abhorred by every section of, and individual in, the community? The domestic health, happiness, and prosperity of the people in themselves and their homes is a truly national question, and our permanence at home and abroad as a prosperous nation depends mainly upon the eradication of avoidable disease and the maintenance of our public health.

If we neglect our physical welfare, we open an easy and certain road to moral impotency. Sanitary knowledge, all-important as it is, requires to be practically and popularly demonstrated. It is not merely a subject for a class, but for all and every one. Neither old nor young, rich nor poor, male nor female, should remain in ignorance of such valuable and vital truths; and, further, they must all view it as knowledge for present and continual use, not to be retained for future advantage. It is different to our ordinary system of education, which looks ahead for any advantageous result; this is something which every one can employ for themselves, and which will bring to them, individually as well as collectively, its blessings and its rewards.

The public must be made to feel that the true value of any of our sanitary legislation can only be attained through their own application of the power therein contained. Our legislation is distinctly permissive, and throws upon local bodies and communities the responsibility of preventing disease and checking mortality. Do not our local boards ignore or throw back this responsibility, thus rendering the Acts of Parliament a dead letter? Are not the hands of our medical officers of health tied down by local influences and fettered by paltry difficulties?

Are they always permitted to act fairly and as they know to be right? Has it not been said to them, when elected, 'The less you do the better you will please?' and have not energetic measures been adopted in some instances to repress zeal, check action, and burke the publicity of proceedings?

Dr. Lankester has said: 'In London, with its fifty local boards, there is scarcely one of them which may not be charged with neglecting to carry into effect the powers which have been given them for the purpose of preventing disease and death in their midst. The hesitation to act arises from an entire ignorance of the fundamental facts on which the life and health of their fellow parishioners depend. Read their speeches, and study their objections to spending money on any sanitary measure, and it will be at once seen that they have no right ideas on the subject of health and disease.'

And again he says: 'The comparatively little impression produced by the great staff of medical officers of health of London, arises from the ignorance of the population of the laws of health. This is not only so amongst the poor, but also in the midst of Boards of Guardians and select Vestries.'

It may be the failing and not the fault, for the recognition of the worth of sanitary teaching makes but slow progress and scanty headway.

It is a remarkable fact, touched upon by Professor Corfield last week, that in our system of medical education we have all along omitted the subject of hygiene. Our student is taught to view and investigate the body in endless varieties of diseased conditions, but has been left in complete ignorance of what it is in a state of health; and although this fearful oversight has been recognised at last, in one or two of our principal colleges, and copying the example of the Army Boards, chairs of public health have been established, and courses of instruction afforded by competent professors, yet no examination on the subject is held to be necessary, and the matter still occupies, as it were, an extraneous and ornamental position.

What is required, and what must be done, is to educate the masses in these things, when they will insist on the beneficial adoption of sound sanitary principles, they will clamour for the enforcement of the regulations now almost in abeyance. Once let them fully understand the value of fresh air, and they will submit no longer to overcrowding and the presence of noxious gases. Only clearly let them grasp the fact that sewer gas is a fatal poison, and they will insist on the builder working legitimately and the landlord acting fairly and without greed.

(To be continued.)

DEATH OF LADY TREVELYAN.—The death is announced, in the 74th year of her age, at her residence, Wallington, Newcastle-on-Tyne, after a illness, of the Dowager Lady Trevelyan, widow of Sir Walter Calverley Trevelyan, the sixth baronet. The deceased Lady Laura Capel Trevelyan, was the youngest daughter of the late Mr. Capel Loft, of Troston Hall, Suffolk, and was born in 1805. She was married to the late baronet at an advanced age, in 1867, as his second wife. It will be in the recollection of our readers that the late baronet, who for some time acted as President of the United Kingdom Alliance, died on the 23rd ultimo, so that his widow has only survived him a few days.

NATIONAL HEALTH SOCIETY.—At a lecture delivered on Friday the 4th inst., by Mr. Ernest Turner, on "The Ideal Dwelling House," at 23, Hertford-street, Mayfair, H.R.H. Princess Mary of Teck was present, and expressed her intention of becoming a patroness of the society.

DIETETICS.

ON THE DECLINE [OF] LEPROSY IN ENGLAND.

BY W. GIBSON WARD, F.R.H.S.

IN the advocacy of natural diet—of vegetarianism, of ‘the herb bearing seed, and the tree producing fruit,’ as the only dietary divinely prescribed for us—we are sometimes met with the argument that our Anglo-Saxon forefathers ate more flesh than we do; that indeed they lived nearly wholly on beef and beer; that the practice was continued during many centuries; that the maids of honour to Queen Elizabeth, and even the queen herself, breakfasted on beefsteaks and beer.

Undoubtedly our Anglo-Saxon forefathers were a coarse people, void of refinement and literature, and given to riotous eating of flesh and drunken habits. That similarly debased habits were common in the reign of Elizabeth we must admit. But a change had for some time been working, which dispensed with the necessity of living about half the year on salt meat, and which, by the introduction of salads and some other garden vegetables, to supply those alkalies to the blood without which healthy life is impossible, enabled them to escape some of the evils of a flesh diet.

We candidly admit that if it could be shown that the early English—living as they did almost wholly on flesh and beer—were as healthy as the people before them, the Britons and the Romans, or as our population of to-day, then our vegetarian arguments would be useless or fallacious, and our notions of correct diet quite absurd. But a knowledge of the sufferings of these beef-eaters and beer-drinkers, of the plague that never left them while they lived on salted flesh with few or no vegetables, and drank beer freely (for really beer then, with a nearly exclusive diet of salted and fresh flesh meat, was a greater evil than it is now to any one who can keep his blood alkaline with vegetables), would appal the flesh-eater and confirm the arguments of the vegetarian.

The Romans were an abstemious people.* We search their teachings on agriculture in vain to find a single allusion to stall-fed cattle for human food. Oxen were beasts of burden. They ploughed the land, and the ploughmen thought as little of eating their toiling partners as of eating their harness or implements. We read of rich people having aviaries, that they could now and then eat a small but fat bird, and fish-ponds to occasionally vary their diet with fish; but the mass of the people were practically vegetarians, and gloried in vegetables. So much was this the case, that the aristocratic families were named from vetches, beans, and other such viands. The Romans were in consequence a healthy people. When we dig up the remains of their druggists' shops, or houses of medical men, we find that doctors and quacks had nostrums to cure eye diseases, but scarcely anything else.

Our British people, whom they invaded, were, too, an abstemious people. Cæsar tells us that the Britons had a great variety of poultry, but that they never ate them, and only bred

them for amusement or for their eggs. Then we have that brave British Queen Boadicea, or Bonduca, who harangued her troops and aroused their courage against the Romans. ‘Every bush,’ she said, ‘gives us food and every brook drink, but these Romans require cooked food and houses to live in,’ etc. A British grave was opened some years ago, and a mass of seeds was found where the stomach had been. They were the seeds of the wild raspberry. So that this early Briton had made his dinner off the bushes, and had been killed before he had digested the fruit. But that the Jutes, Angles, and Saxons, who invaded our coasts and settled on our soil, fed as coarsely as savages is nearly or quite true, and they suffered fearfully from disease in consequence. They filled the country with suffering, and made in every solitary spot a lazaret-house. Among them the pestilence was not occasional, but constant. So it continued, on through the Norman invasion, and even after they had become English from throne to cottage, and only declined as vegetables became a large proportion of their daily food.

Many imagine leprosy to be some obscure disease alluded to only in the Bible. Leprosy was also a disease of the Middle Ages, more widely spread and more fearful in its results than any other in ancient or modern times. It is probable that the worst form of leprosy in early Jewish history was that now known as *elephantiasis*. The milder form of Jewish leprosy, called *bohak*, was neither severe nor contagious.

Leprosy in England and Europe arose gradually after the destruction of the Roman Empire, as fast as barbarism spread with its uncleanness of personal habits, and its resort to animal food and beer as nearly exclusive articles of daily diet. In all ancient towns it was early found necessary to erect hospitals and retreats and churches for those afflicted with leprosy. We have in England, now, hospitals built for lepers, so ancient that their origin is unknown, such as the St. Bartholomew Hospital at Gloucester, and others. It is known that there were at least 9,000 hospitals in Europe for leprosy alone. Louis VII. of France left legacies to over 2,000 hospitals for lepers in his country. We have extant a touching account of a knight of vast wealth and influence, named Amiloun, expelled from his castle to be a beggar, almost in sight of his vast possessions and stately home; for the Normans in France virtually outlawed, as well as expelled from their homes, all lepers, and, as soon as their influence was established in England, they extended their sanitary measures and benevolent enterprise to lepers.

Hugo, or Eudo, Dapifer—the steward for William the Conqueror—having received from him vast possessions in land in Essex, built or rebuilt, and endowed a St. Mary Magdalen Hospital for lepers in Colchester. The hospital for lepers, dedicated to the same saint, in the city of Exeter, is of unknown antiquity. Bartholomew, bishop of that city and diocese (1161-1184), finding its usefulness limited for want of funds, and the sufferings of lepers unlimited, endowed it with considerable wealth. He gave to it for ever five marks of silver yearly—the tenth of a certain toll, and the profits arising for ever from the sale of the bark of his wood at Chudleigh. His example stimulated the Chapter of St. Peter's, in the same city, to grant a weekly supply of bread for ever. The good Bishop Bartholomew wearied the Pope to give a charter to the hospital,

* The Romans, *i.e.*, the early Romans. The case was widely different at a later age, as Queen Boadicea seems to imply. But the former was the age of Roman vigour; the latter of Roman decay.

making the endowment an everlasting benefaction, as he viewed the curse of leprosy to be as wide-spreading as humanity, and as lasting as the race of man. But he died before his wishes were gratified. However, Pope Celestine III. granted or confirmed a charter in the year 1192, and the charity exists to this day.

Hubert, Archbishop of Canterbury, held a synod at Westminster, in the year 1200, to carry out the decree of the Council of Lateran (1172) to build a number of churches solely for leprous people, for they had long been expelled from all parish churches. They were to have priests, officers, and graveyards exclusively for themselves. They were released at the same time from all claims for tithes for their land or cattle. So careful and determined were our ancestors to remove from sight and smell every leper, that a law was early in existence to enforce their removal out of towns and villages 'to a solitary place.' The writ is in our ancient law-books, entitled *De Leprose Amovendo*, and it is fully stated by Judge Fitz Herbert in his *Natura Brevium*. King Edward III., finding that, in spite of the old law, leprous persons were concealed in houses inhabited by other persons, gave commandment to the Lord Mayor and Sheriffs to make proclamation in every ward of the city and its suburbs, 'that all *leprous* persons inhabiting there should avoid within fifteen days next,' etc., etc.

At the city of Bath, a bath, with physicians and attendants, was provided and endowed—exclusively for lepers—and the endowments are still paid. That the bath was occasionally efficacious, in connection with improved diet, we have sure evidence; for one leper in late days had fixed to the bath a mural tablet to say that 'William Berry, of Garthorpe, near Melton Mowbray, in the county of Leicester, was cured of a dry leprosy by the help of God and the bath, 1737.'

To provide additional means of maintenance beyond the numerous and extensive endowments, collectors of charity, called proctors, traversed the country to collect alms. By an Act of Parliament, in the reign of Edward I., each lazaret-house was allowed to appoint two persons, to be called proctors, to collect alms. The many modern families of Proctors, or Procters, evidence now the number once so employed, and the origin of their family name.

The proctors were a necessary and a useful people, so long as leprosy continued everywhere prevalent. But from causes that I have to explain, the disease began to die out before the proctors ceased their business, until at last the proctors became a greater nuisance than the disease—as vaccinators are now becoming to the great majority of thoughtful people. By an Act of the 39th Elizabeth, the proctors, collectors for hospitals, etc., were declared rogues and vagabonds. Then, in the regulations of Watt's Almshouses at Rochester for all travellers—from beggars to highwaymen—proctors were inadmissible. Previously, it seemed, the office of a collector—or a pretended collector—for a lazaretto was a lazy and profitable employment, for we read in *Archæologia*, vol. xviii., p. 9, a quoted couplet:

'You're best get a clap-dish, and say
You are a Proctor to some Spital-house.'

Now, the decline of proctors from an appointment created or sanctioned by Act of Parliament to a denunciation by another Act of Parliament declaring them to be rogues and vagabonds, at once proves the decline of *leprosy* from a vast

national calamity to an occasional loss and nuisance. How came the change?

The simple fact of the introduction of the growth of vegetables into our islands was sufficient to do for the people what all the art of the doctors could not do—improve their health and remove pestilence from amongst them. If we read the ancient Chronicles of Ireland we find that beer and flesh-meat were the only viands named and commended. Indeed the *bo aire* was honoured the most who had the largest kettle to boil flesh, and the largest brewing apparatus.

In England it was much the same—beef, and beer, and bread, were the three staples of human food. It was not until the end of the reign of Henry VIII. that any salads, carrots, turnips, or other edible roots were produced in England. The wealthy had imported vegetables before then from Holland and Flanders. Queen Catherine, when she wanted a salad, was obliged to send for it, by a special messenger, to the Continent. By a statute made in the reign of Henry VIII., *beef* and *pork* were to be sold at a halfpenny a pound, *mutton* and *veal* at a half-farthing extra per pound. Butchers were compelled to sell at these prices between the 24th of October and the nativity of St. John. The custom of salting meat before the festival of St. Martin (11th November) for winter and spring consumption, was universal amongst all classes in our islands and over the continent of Europe. One fact illustrates the custom and its supposed necessity: Thomas Williamson of the county of Cumberland, who died in 1674, left certain lands, the rents of which for ever were to be bestowed on the poor 'in *mutton* or *veal* at Martinmas yearly, when flesh might be thought cheapest, to be by them *pickled* or *hung up* and dried, that they might have something to keep them within doors on stormy days.' The farmers then, having no roots or clover, could fodder through the winter only a small stock of cattle, so that late calves and weakly yearlings, and surplus stock of all sorts, were sent to markets, fairs, and butchers, and sold for what they would bring.

The English people then, in common with all others on the Continent of Europe, lived for the greatest part of the year on salted flesh, with scarcely any vegetables. Their blood was thus deprived of the necessary alkali—the vehicle for conveying oxygen to purify it, and to burn up the carbonaceous materials of the food, and deprived likewise of the material that excludes from the venous system the excess of phosphates of lime, soda, etc.; so that nearly every power given to the blood by nature to keep man healthy was destroyed, or put aside by man himself to please his depraved appetite, or from want of knowledge or industry to cultivate garden vegetables.

Thus merely approaching the teaching of Nature, in relation to the true diet of man, cleansed England and Europe of leprosy. Extend the good diet in the line of Nature's teaching—let man feed only on the diet his constitution was made for—and then, with due cleanliness of skin and other surroundings, smallpox could no more afflict mankind. Likewise rheumatism, rheumatic fevers, rheumatic arthritis and bladder diseases, and many other evil visitations, would no more afflict humanity if an exclusively vegetable diet were generally partaken. Thus also the whole of the ailments that follow necessarily on acid blood, and the presence of various phosphates soluble in such acid blood would be cut off. For no vegetarian living fairly on

fruits, and green vegetables, and potatoes, with the ground seeds of the cereals, and ground or unground pulse, can have acid blood, nor can he therefore have rheumatic affections, or any disease depending on like conditions.

The evils of a wrong diet cannot be detailed in this small compass. I can only here allude further to one. Scarletina—a far more malignant disease than smallpox—only arises from the blood of a vertebrate animal putrifying on the surface of the earth, and then in the smallest quantity being washed into any drinking water, and drank by a human being. Such are a few of the evils of an unnatural diet. Now for thine own sake, and the welfare and prosperity of all people, attend, O reader, and bend thy mind and appetite to nature and truth, for they are ‘the brightness of the everlasting life, the unspotted mirror of the power of God, and the image of His goodness.’



PEAS.

PEAS, beans, and lentils are the richest of all our food seeds in flesh-forming nutriment; far richer, pound for pound, than beef or mutton. Peas contain 29 per cent. of flesh-formers, or nitrogenous matter, nearly as much as lentils, which also belong to the pea tribe; flesh only 21·5. Peas contain 51·5 per cent. of the heat-forming principle, or carbon; flesh only 14—hence, what a bad food must lean meat prove for withstanding cold. In a little treatise, which has reached a third edition, entitled ‘The Dietetic Errors of the People,’ by J. Storie, exhaustive statistics are given, and many reasons advanced for presuming that the great increase of mortality from diseases of the breathing organs is caused by our inordinate consumption, not only of flesh, but also from the ever increasing use of that tropical product, sugar, and to which treatise inquirers are referred. It is published by Simpkin, Marshall and Co., for sixpence.

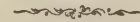
Now, whereas in buying a pound of meat you just pay for nearly three quarters of a pound of water—‘dirty water,’ as Gibson Ward,* of Ross, calls it—in buying a pound of peas you only pay for a quarter of the water that the meat contains, pound for pound. You can add the water afterwards in cooking, without paying for it. Peas are good in soups, stews, boiled, baked, etc., in various combinations, and should enter largely into the dietary of all who use much muscular exercise. According to Dr. Nichols, the pods of green peas, generally thrown away, should be used for soup. Peas ought to be eaten with bread, rice, or some other carbonaceous food, according to the same authority. They require, however, to be well cooked. Split peas can be bought everywhere at a very low price, say three-halfpence per pound. They make a very cheap and wholesome soup—with vegetables, and flavoured with dry mint—and are most useful for peas-pudding. The best way to cook split peas is to simmer them for a long time with a little water until a paste is produced; in this state they are easy of digestion, and very agreeable. Green peas are more nutritious than any other succulent vegetable.

All highly nitrogenous, or flesh-forming foods, are to the food reformer, or vegetarian, what roast beef and mutton are to the flesh-eater. If on ordinary diet, he would take a small portion of peas, or lentils, beans or maize, and perhaps finish his mid-day meal with some other vegetable product or fruit,

according to the season, composed of lighter elements, of a different complexion; and Nature teems with variety in such produce. The great chemical authority, Professor Playfair, has given evidence to the effect that a mixed animal diet ‘is not essential to man,’ and gives tables of the comparative values of the various articles of food, affording convincing proof of the superior economy of a vegetable over an animal diet. For instance, 127 ounces of split peas, costing one shilling and two-pence, are equal in nutritive value to 147 ounces of butcher’s meat, costing nine or ten shillings, the contrast of the cost of food for fuel for the body in maintaining heat being still greater; and in 1853, the Hudson Bay Company found that bread composed of maize flour (which contains a large quantity of oily matter), answered every purpose for that vigorous climate, and that two pounds and a half of this flour was fully equal, or even superior, in sustaining the capacity for muscular exertion, and bearing cold, to the eight pounds of fat meat previously supplied to their servants.

C. DELOLME.

P. S.—Since inditing the above notes, we have come across a short leader in the *Daily News*, of Tuesday, the 18th March last, suggesting the supply of the pea sausage to our troops in Africa. This celebrated sausage was the main stay of the German army during the invasion of France. It was meat, bread, and vegetables to them. The peas were cooked, seasoned, and enclosed in skins, in which state they were always moist and serviceable for eating cold, or serving up in the form of porridge or soup. To an army on the march, such a sausage would be invaluable, as it might be on board ship, and to workmen and others dining out. The *Daily News* wisely concludes: ‘It would be well, indeed, if we had such a field food to fall back upon in an emergency.’



THE ADULTERATED FLOUR CASE.

CENTRAL CRIMINAL COURT.

On Saturday last, before the Recorder, Bürnard Dunkels Bühler and Carl Ludovic Steitz, Germans, surrendered to take their trial for unlawfully conspiring together to obtain from Lewis Alexander the sum of £30 by fraud and false pretences.

Mr. Poland, Mr. Mead, and Mr. Gill were instructed to prosecute, on behalf of the Treasury; Mr. Besley defended Bühler, and Mr. Montague Williams appeared for the other defendant.

In addition to the ordinary counts for conspiracy, there was another charge in the indictment, which alleged that the defendants, being in the possession of eighty bags, containing some noxious ingredient, the definite character of which was unknown, afterwards unlawfully attempted to pass off the contents of these bags as flour, and fit for human food, whereas the said bags contained various and poisonous matter, and entirely unfit for food. The facts of the case have been given very fully, and although the evidence extended to considerable length, the real question at issue was in a very narrow compass. It appeared that in August last a hundred sacks of a material called in the bill of lading ‘mehl,’ or meal, was consigned from Antwerp in the *Baron Osy* to a firm in London, described as Jackson and Co. This firm was no doubt connected with a gang of swindlers, known as the ‘Long Firm,’ who at this time occupied an office in Love Lane; and it appeared that the stuff in question never came actually into their possession, except as regarded twenty sacks, and that it was merely used for the purposes of fraud. The prosecutor was the manager of the Anglo-Belgian Bank, and it appeared that in December Steitz called upon him and asked him to lend him £30 upon the security of eighty sacks, which he represented contained flour or meal. After some negotiations, Mr. Alexander entertained the application, and sent a man named Dale to examine the

contents of the sacks, and upon his report the money was advanced. It turned out that the stuff contained in the sacks was totally valueless as an article of food, such as it was represented to be, and that the article consisted of plaster of Paris, china-clay, and other organic matter. Steitz then introduced the other defendant, Bühler, as the person who had employed him, and he stated that he had been dismissed by 'Jackson and Co.,' who had defrauded him of £92, which he had advanced on it. Upon further inquiry, it turned out that Bühler had endeavoured on a previous occasion to dispose of the article, and that the negotiations were broken off on account of the discovery of the real character of the contents of the sacks, and of which Mr. Bühler was informed, and the case for the prosecution mainly rested upon the allegation that notwithstanding this knowledge on the part of Bühler, he had fraudulently endeavoured to get rid of the article to the prosecutor, having offices at the Hop Exchange, and Steitz being an agent for foreign merchants.

The defence was that neither of the defendants ever contemplated a fraud, and it was urged that Bühler had been deceived by 'Jackson and Co.,' who had obtained £92 from him upon the bill of lading relative to this stuff, whatever it might be. As regarded Steitz, it was urged that he had merely acted upon the instructions of Bühler, who really believed the article to be what it was reputed to be; and, with reference to the question as to the intention to defraud, the jury were reminded that some portions of the stuff had been actually sold for £4 10s. a ton, and that there was reasonable evidence that it was worth considerably more than the amount advanced upon it.

The Jury, without requiring the Recorder to sum up, said they were all satisfied, and returned a verdict of Not Guilty.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS' DWELLINGS ACT.

METROPOLITAN BOARD OF WORKS.

ON Friday, the 4th instant, at the usual weekly meeting of this Board, Sir James Hogg, M.P., in the chair,

The Works and General Purposes Committee reported, with reference to the letter from the Home Office, transmitting a copy of a letter from Sir Sidney Waterlow, and an altered form of tender for sites for Artizans' Dwellings, under the Metropolitan Streets Improvements Act, 1872, that, in the opinion of the committee, it would be desirable to insert a proviso that the superintending architect might extend the time for completion of buildings in cases of strikes, locks-out, or unfavourable weather, but that they considered it inexpedient to assent to the remainder of the proposed alterations, and recommended that the Home Office be informed accordingly.

Mr. E. D. ROGERS, in moving the adoption of the report, said the committee had every desire, as he was sure the Board had, to facilitate the erection of dwellings on the various sites, but the ratepayers should be told that they were in each case put to a considerable preliminary expense, in consequence of the provisions of the Act, before operations could be proceeded with.

The report was unanimously adopted.

ST. SAVIOUR'S (SOUTHWARK) DISTRICT BOARD OF WORKS.

THE usual meeting of this Board took place at the Board's offices, Emerson Street, Bankside. Mr. J. Thorn presided.

THE ARTIZANS' DWELLINGS ACT AMENDMENT BILL.

The Clerk read a letter from the Vestry of St. Pancras with respect to this bill, objecting to the proposed transfer of the powers of the local authorities to the Metropolitan Board of Works.

The CHAIRMAN considered the alteration a very desirable one if the work of improving the dwellings of the poor was to be effective. That Board had had considerable difficulty in putting the Act in force, but an independent authority like the Metropolitan Board would not be biased by neighbours, or their interests.

Mr. BOULDEN agreed with the Chairman that the work dealing with unhealthy dwellings would be more fittingly carried out by the Metropolitan Board than the local authorities.

The letter was received. The Board adjourned.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

III.—THE INVESTIGATION.

(THE PAST OPERATIONS OF THE ARTIZANS' COMPANY.—

Continued from page 130.)

THE ACCOUNTANTS' REPORT.

THE following paragraphs should have been appended to the statement of accounts given on page 129.

'On the *Shaftesbury Park Estate* a total expenditure, including legal charges and building salaries, of about £322,000 has been incurred to the present time (July, 1877), and it is estimated that about £6,000 more will be required to complete the few houses, the lecture hall, and the co-operative stores now in course of construction. Houses and land realizing £52,946 have been sold, so that the sum of £275,000 may be estimated as the approximate ultimate cost of this property.'

'On the *Queen's Park Estate*, the sum of £208,223 1s. 9d., had been expended to the 31st December last, and a further outlay of about £81,000 has been incurred during the present year.'

ELECTION OF ADDITIONAL DIRECTORS.

At an adjourned extraordinary meeting of the Company held on the 15th of August, 1877, Mr. Thomas Brassey, M.P., and Mr. J. G. Talbot, M.P., were elected directors; and at a further adjourned meeting, held at the Company's offices on the 4th of September, 1877, Mr. R. E. Farrant and Mr. John Pearce were elected directors of the Company.

THE CRIMINAL PROSECUTION.

As stated in the Investigation Committee's report (see page 118), Mr. Swindlehurst was arrested on warrant on the 2nd of July, and subsequently Dr. Langley and Mr. Saffery, were charged with him with conspiring to defraud the Company. It is not worth while referring to these very painful circumstances, further than simply to record that on the 24th of October, 1877, they were found guilty, and on the following day sentenced, Dr. Langley and Mr. Swindlehurst to eighteen months' imprisonment each, and Mr. Saffery to twelve months' imprisonment.

IV.—HOW THE SHARES WERE PLACED.

WE have shown that attempts were first made to induce the working classes to take shares in the Artizans' Company, and how, subsequently, the names of gentlemen of influence, either as president, arbitrators, or members of local councils, were used in the promotion of the Company's operations.

The smaller agents were gradually dropped as Messrs. Martin

and Sons became successful in their share agencies. As previously stated, Mr. W. H. Martin took up his quarters in Birmingham, while Mr. J. R. Martin made Liverpool the centre of his operations. Each of these gentlemen had an office and staff of clerks, and the plan pursued by them was, in addition to the circulation of reports and other printed documents relating to the Company, to send to all persons whose names appeared in the *Court Guide*, *Walsford's County Families*, and similar directories, letters directing attention to the Company. It often happened, when a good fish had been hooked, that the letter agreeing to take shares, or the share application itself, was hawked about, by being sent to persons likely to be favourably influenced by the knowledge that the Most Noble the Marquis of this, the Right Rev. Father in God the Lord Bishop of that, the Right Hon. the Earl of Blankshire, or that distinguished savant Professor So-and-so, had evidenced his interest in the improvement of the working classes and in the promotion of sanitary reform by becoming shareholders in the Artizans' Company. It was this kind of thing that became distasteful to Mr. Mocatta, Mr. Noel, and other gentlemen, and led them to request that the services of Mr. J. R. Martin should be discontinued.

Mr. W. H. Martin used note-paper bearing the following heading :

'THE ARTIZANS', LABOURERS', AND GENEAL
'DWELLINGS COMPANY (LIMITED),
'CHERRY STREET,
'BIRMINGHAM.

'WILLIAM H. MARTIN,
'Manager for the Provinces.'

Mr. John Royle Martin was more ambitious, his note-heading being as follows :

'THE ARTIZANS', LABOURERS', AND GENERAL
'DWELLINGS COMPANY (LIMITED),
'51, SOUTH JOHN STREET,
'LIVERPOOL.

'J. ROYLE MARTIN,
'General Manager.'

Now, seeing that these gentlemen were never anything but agents for the sale of shares, it was highly improper of them to assume the description, 'manager,' and particularly so in the case of Mr. John R. Martin, who styled himself 'general manager.'

The result in many cases was that persons became shareholders in what they thought was the Birmingham Artizans' Company, or the Liverpool Artizans' Company, and not in a London company at all.

A clerical shareholder has favoured me with a number of letters received by him from the agents, and from them I select the following specimens :

'Liverpool, March 11th, 1875.

'REVEREND AND DEAR SIR,—

'You will receive copies of the new report and balance-sheet in a day or two, and your dividend warrant will follow shortly. If you consider them satisfactory, and wish to increase your investment, have the goodness to fill up the enclosed form of application for the new allotment, and please return it to me in the accompanying cover.

'I am, dear sir, respectfully yours,
'J. ROYLE MARTIN.'

The enclosed form of application was not addressed to the secretary of the Company, or to the directors, but to—

'MR. JOHN ROYLE MARTIN,
'GENERAL MANAGER,
'51, SOUTH JOHN STREET,
'LIVERPOOL.

'(Share Department.)'

The next letter received was dated April 16th—

'I hope you may be able to spare half an hour to consider our new report and balance-sheet, which I have the pleasure to hand you. I feel sure you will be gratified at the great progress we have accomplished during the past year, and not less at the undiminished appreciation of our efforts (to provide the best house

accommodation) on the part of the working classes. This is proved by the fact that every finished house is well tenanted; and indeed the demand far exceeds our ability to supply.

'You are aware of our purchase of the Queen's Park Estate, upon the Harrow Road, N.W. We are building 2,400 houses on this estate, of which more than 1,500 are bespoken.

'I think Mr. Marr's report upon the Shaftesbury Park Estate is worth your attention.

'As I explained to you last autumn, to complete the two estates we have decided to increase the capital to £1,000,000, of which £330,000 is subscribed.

'I shall be happy if you should desire to increase your investments in the Company. If so, please fill up the enclosed form, and return it to me.'

A letter dated May 12th was received from the same gentleman, but written from London and in the name of 'Richard Wilson.' It was to the following effect :

'If you should wish to make any further application for shares, please address it to me, at the *Head Office*, on the enclosed official form.

'The *interim* dividend of six per cent. will be paid in the first week in July.

'We have just purchased a large estate, called the Cannon Hall Estate, at the *East* End of London, where the working classes are unable to secure that healthy house accommodation they are able and willing to pay for. This desideratum we are about to relieve. The terms of purchase are very favourable.

'To develop the estate we require a large increase of share capital. If you do not wish to use the form yourself, perhaps will kindly hand it to some friend who may.

This was followed by another from Mr. Wilson, dated Sept. 11th :

'We have not issued a share list since the beginning of last year. I have a copy before me, which shows the subscribed capital on the 31st January, 1875, to be £295,000. I now send you a new list just issued, which shows the subscribed capital to exceed to-day £480,000, or an increase in that period of nearly £200,000, paid up. You are aware our nominal capital is £1,000,000, and I think we shall require the whole of the unsubscribed balance to develop and realise the vast and valuable resources latent in our two extensive estates, near Westbourne Park Station and at Stratford, in the east of London.

(To be continued.)

DEATH OF MISS METEYARD.—Miss Eliza Meteyard, author of the 'Life of Wedgwood' and many other works, died at her residence in Lambeth on Friday the 4th inst. The *Staffordshire Advertiser*, in an obituary notice of Miss Meteyard, says :—'This amiable and accomplished lady was the only daughter of Mr. Meteyard, a surgeon, of Shrewsbury, and she was born early in the present century. Her first work, "Struggles for Fame," was published in 1845, and was followed in 1849 by a prize essay on "Juvenile Depravity." She published in succession several stories in which she strove to inculcate the virtues of gentleness, truthfulness, and providence. Among these may be mentioned "The Doctor's Little Daughter," "Lilian's Golden Hours," "Doctor Oliver's Maid," "Mainstone's House-keeper," "Give Bread, Gain Love." Miss Meteyard contributed an article to the first number of *Douglas Jerrold's Newspaper*, and Jerrold himself appended to that article the signature of "Silverpen," under which *nom de plume* Miss Meteyard contributed extensively to several metropolitan newspapers and magazines. In addition to her charming stories enforcing the domestic virtues, she also wrote on extramural burials at a time when public cemeteries were few and far between, and took her place in the ranks of sanitary reformers when sanitary reform was less fashionable than it is at the present day. But Miss Meteyard's *magnum opus* was undoubtedly her "Life of Josiah Wedgwood," in which she embodied the results of many years' intelligent and painstaking research, carried on with an absorbing enthusiasm for all that related to the great potter. The "Life of Wedgwood" was succeeded in 1871 by "A Group of Englishmen," in which the story of the younger Wedgwoods and their friends was told, and in 1875 appeared the "Wedgwood Handbook," which must ever be the text book of connoisseurs. Several works, sumptuously illustrated, describing Wedgwood's choicest productions, have also employed Miss Meteyard's pen; and her death has interrupted a new edition of the "Life," from which much was expected, and to the completion of which she looked forward with zest for the repose which was to follow.' By her tale, 'Darkman's Yard,' she succeeded in directing public attention to the evils resulting from overcrowded and unhealthy dwellings.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

NATIONAL HEALTH.—WRONGS OF LONDON SHOPWOMEN.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Dr. Edis, in your impression of the 29th of last month, stated but half the wrongs of London shopwomen. It is not the few minutes that assistants are only allowed, not to eat, but to bolt, their food at meal times that is the greatest evil.

Why the most ignorant factory 'hand,' and without a character, is allowed half-an-hour for breakfast, and an hour for her dinner, and the shopwoman, with a good character, should only have half that time for meals, has yet to be fully explained in your columns by the Christian employers of shopwomen.

Turn, for a minute, from the innocent and often well-educated shopwoman to the low criminal in prison. I now quote from the report of the committee of the House of Lords on diet in prisons. 'Comparing the treatment and condition of prisoners with those of some other classes of society, we are not surprised that many of those who are most intimately acquainted with the subject agree with Rochefoucauld, "that innocence has less protection and comfort than crime."'

I fearlessly assert, and am fully prepared to prove, there is no criminal punished by having not only such truly miserably, unhealthy food, and so little time to gobble it up in, as the shop assistants of London are compelled to bolt, unmasticated, their disease-producing food. I repeat it—disease-producing food, such as humanity would not knowingly give even to a dog. In sober truth, a dog actually could not be kept alive on the wretched food that is, in nineteen out of twenty establishments, eaten by shopwomen. This is a bold assertion; but, fortunately, I am fully prepared to most thoroughly prove it, and with a host of the most creditable of witnesses at my back.

But let us again turn to the committee of the House of Lords on food in prisons. There we read as follows: 'Enter a cell at any hour, and the manner and appearance of its inhabitant are usually expressive of mental peace and bodily comfort. She is not only sufficiently fed, but she is well-clothed and housed. She has no such counsellors as Duke Senior, "feelingly to persuade her what she is;" for she is surrounded, even in the depth of winter, by a warm atmosphere. She rests abundantly, having, at least, nine hours out of twenty-four in bed; and, as we have already said, she is spared all anxiety as to the supply of her immediate wants. She is scrupulously protected from all preventable bodily suffering, and may be said to be an inmate of a hygienic hospital for the promotion of physical and mental health. She knows that when the period which we describe as one of calm and comparative quiescence is coming to an end, will be exchanged for one of uncertainty and perhaps hardship.'

How many London shop-girls at drapers' can truly say as much in praise of the situations they occupy? How many large shopkeepers can, with truth, say as much for the treatment of their assistants? Have all shopwomen, in the 'depth of winter,' a warm atmosphere? Or do all proprietors of even West End establishments scrupulously protect their assistants 'from all preventable bodily suffering?' Is the food given to innocence even equal to that given to the worst of criminals? Where is the proprietor of a retail establishment that has the fool's hardihood to say that the convicted felon has no better food than his assistants? Can it, with truth, be said that the shop assistant, as a rule, lives in 'a hygienic hospital for the promotion of the physical and mental health?' The West End large shopkeeper that dares to assert such a gross and glaring falsehood has yet to be discovered.

The road to wealth is generally dirty, but it is a road that has great traffic amongst large shopkeepers, whose ledgers are their Bibles, and whose money is their God.

'They are privileged
To kill, and numbers sanctify the crime.'

X.

THE LIVERPOOL BRITISH WORKMAN PUBLIC-HOUSE COMPANY has just issued its fourth annual report, showing a profit of upwards of £3,300 on the business of the year. There are now thirty-four houses in full working order in Liverpool, with accommodation for 3,500 persons. All the houses are open at five o'clock a.m., those on the docks close at eight p.m., those in the town at eleven. The takings are about £1,000 a week. Ten thousand gallons of coffee, four thousand of cocoa, three thousand of tea, and four hundred of peasoup are disposed of weekly. All the employees are total abstainers, and facilities for signing the pledge are given on the premises.

LAMBETH BATHS' MEETING.

THE seventeenth series of popular meetings and entertainments held at the Lambeth Baths was brought to a close last Saturday evening, when a festival took place under the presidency of the Rev. G. M. Murphy, in the absence of Mr. Samuel Morley, M.P. The meeting was largely attended, and after tea some musical selections were given.

The CHAIRMAN read a report, which stated that since the opening night, on November 2, 1878, 180 gatherings had taken place, attended by 130,000 persons, of whom 1,150 had signed the total abstinence pledge, while £110 worth of pure literature had been sold at cost price at the meetings. Sunday meetings had been held, with good results. On Monday evenings there had been concerts and entertainments, and on Tuesday evenings lectures, readings, etc. Wednesday evenings were mainly taken up with religious and temperance meetings, and the remaining evenings of the week were devoted to work of miscellaneous description.

Mr. ANDREW DUNN (the Liberal candidate for the representation of Southwark) moved the first resolution—'That this meeting heartily rejoices in the success of the seventeenth series of the Lambeth Baths' Meetings, receives the report now read, and thus places on record its thanks to all the workers and helpers in the movement.' He said they ought to be thankful that so many thousands of persons had been brought under good religious and social influences during the past winter, the results of which none of them could estimate. The hall had been a place of refuge from the many temptations and evils which met people in such a neighbourhood as that. One of the chief causes of the present commercial depression was the intemperance of the people, and if the money spent in drink were invested in trade enterprise, we should find ourselves in a very different condition.

Mr. GEO. LIVESEY seconded the resolution, remarking that success in life did not depend upon riches, but could be obtained by the poorest if they aimed at living a good and noble life.

The resolution having been adopted,

Mr. FRANCIS PEEK moved the next resolution—'That this meeting rejoices in the signs of progress as regards the provision of interesting and healthy meetings and entertainments for the people: heartily commending to the notice of those who have ability and leisure the wide field of usefulness thus opened, as shown by the experience of seventeen winters at the Lambeth Baths, and the happy results of similar endeavours in other localities.'

The Rev. J. G. ROGERS, B.A. (of Clapham), seconded the resolution.

Mr. R. RAE (Secretary of the National Temperance League) having spoken in support of the resolution, it was adopted, and a vote of thanks to the Chairman closed the proceedings.

A NOVEL MISTAKE.—A singular excuse was tendered to the Brighton magistrates on Saturday by a young man, of very respectable appearance, who had been given into custody for disturbing the congregation worshipping at St. Paul's Church, West Street, a place of worship which has attained some notoriety as the scene of the Ritualistic practices of the Rev. Arthur Wagner. The prisoner, it was stated, continually interrupted the evening service by encouraging shouts of approval and laughter, and by frequently applauding, and, though two of his companions left the place when requested by the verger, he refused to give up his seat, and continued his disorderly conduct. In answer to the charge, the prisoner expressed his extreme regret, attributing his behaviour to liquor; but he solemnly assured the Bench that he believed at the time that he was witnessing a performance by a troop of Japanese now giving entertainments in the town. His novel apology excited considerable amusement, and the Bench merely fined him a small sum for being drunk.

ANNUAL MEETING OF THE CHEMICAL SOCIETY.—The annual meeting of this society was held on the 31st ult., when the retiring president, Dr. Gladstone, F.R.S., delivered an address, in which he congratulated the society on a year of quiet prosperity. Considerable additions had been made to the roll of fellowship, which now numbers upwards of 1,000. Sixty-eight scientific papers had been communicated, besides the Faraday lecture and two special discourses. The journal had grown in usefulness, and the library had been much improved; while the funds were in a healthy condition. He then referred to the necessity there existed for an increased attention being paid by the society to the promotion of research, the scientific culture of its members, and to the diffusion of the knowledge of new discoveries. A favourable report, which included a legacy of £1,000 from Mr. Sydney Ellis, was read by the treasurer, Dr. Russell, and the meeting closed with the election of officers, of whom Dr. De la Rue is president.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

'I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth*.

Beauty is the mark God sets on virtue. Every natural action is graceful. Every heroic act is also decent, and causes the place and the bystanders to shine.—*Emerson*.

We are firm believers in the maxim that, for all right judgment of any man or thing, it is useful, nay, essential, to see his good qualities before pronouncing on his bad.—*Carlyle*.

The happiness of your life depends upon the quality of your thoughts, therefore guard accordingly, and take care that you entertain no notions unsuitable to virtue and unreasonable to nature.—*Marcus Antonius*.

The shortest and surest way to live with honour in the world is to be in reality what we would appear to be; and, if we observe, we shall find that all human virtues increase and strengthen themselves by the practice and experience of them.—*Socrates*.

We are ruined not by what we really want, but by what we think we do; therefore, never go abroad in search of your wants; if they be real wants, they will come home in search of you; for he that buys what he does not want, will soon want what he cannot buy.—*Colton*.

Some feelings are untranslatable; no language has yet been found for them. They gleam upon us beautifully through the dim twilight of fancy, and yet when we bring them close to us, and hold them up to the light of reason, lose their beauty all at once, as glow-worms, which gleam with such a spiritual light in the shadows of evening, when brought where the candles shine are found to be worms, like so many others.—*Longfellow*.

Oh, little feet, that such long years
Must wander on through doubts and fears,
Must ache and bleed beneath your load!
I, nearer to the wayside inn
Where toil shall cease and rest begin,
Am weary, thinking of your road.

Oh, little hands, that weak or strong
Have still to serve or rule so long,
Have still so long to give or ask!
I, who so much, with book and pen,
Have toiled among my fellow-men,
Am weary, thinking of your task.

Oh, little hearts, that throb and beat
With such impatient, feverish heat,
Such limitless and strong desires!
Mine, that so long has glowed and burned,
With passions into ashes turned,
Now covers and conceals its fires.—*Longfellow*.

There are some whose restless, insinuating, searching humour, will never suffer them to be quiet, unless they dive into the concerns of all about them; they are always outward bound, but homeward never; they are perpetually looking about them, but never within them; they can hardly relish or digest what they eat at their own table, unless they know what and how much is served up at another man's; they cannot sleep quietly themselves, unless they know when their neighbour rises and goes to bed. They must know who visits him, and by whom he is visited; what company he keeps; what revenues he has, and what he spends; how much he owes, and how much is owed to him.—*Dr. South*.

A church within a church, a republic within a republic, a world within a world, is spelled by four letters—home! If things go right there, they go right everywhere; if things go wrong there, they go wrong everywhere. The door-sill of the dwelling-house is the foundation of Church and State. A man never gets higher than his own garret or lower than his own cellar. In other words, domestic life overarches and undergirds all other life.—*Talmage*.

I think the first virtue is to restrain the tongue; he approaches nearest to the gods who knows how to be silent, even though he is in the right.—*Cato*.

For that which wins a young man's heart is not
The same as that which holds it, being won.
The gaudy fly may win the eager trout.
But then can only feed it with regret.
A husband's love is not a hardy thing
To live in spite of weather and neglect.

Wade Robinson.

Frogs repair to a small pond, fish to a full lake, but all the wealth of others comes to a man of industry who exerts himself.—*Hindoo*.

Interruption from a superior is nothing; from inferiors it is insupportable.—*Zimmermann*.

Genius must have talent as its complement and implement, just as in like manner imagination may have fancy. In short, the higher intellectual powers can only act through a corresponding energy of the lower.—*Coleridge's Table Talk*.

The ancients said—He who could endure an insult or injury gains an advantage.—*Chinese Proverb*.

How barren a tree is he that lives, and spreads, and cumbers the ground, yet leaves not one seed, nor one good work to generate after him. I know all cannot leave alike, yet all may leave something, answering their proportion, their kinds.—*Owen Felltham*.

Youth is led into many errors through the want of occupation.—*Latin Proverb*.

In natural history, God's freedom is shown in the law of necessity; in moral history, God's necessity, or providence, is shown in man's freedom.—*Coleridge's Table Talk*.

Innocency to God is the chiefest incense; and a conscience without guile is a sacrifice of the sweetest savour.—*St. Augustine*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

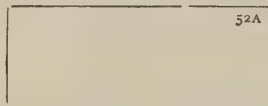
The Sale and Exchange Department.

DIRECTIONS AND RULES.

Advertisements may be inserted in this department at the rate of 3d. per twelve words; but less than four words will be charged one penny. Halfpenny stamps are received in payment.

Advertisers not wishing their names and addresses to appear must intimate their desire to us, when we attach distinctive numbers to such advertisements; and all replies to such advertisements must be addressed, under cover, to the respective numbers at our Office.

In replying to an advertisement to which a number is attached, the answer must be contained in a blank envelope, which must be fastened, with the number of the advertisement distinctly written upon the top right hand corner of it, thus—



and enclosed with a penny stamp in another envelope, addressed to the Manager of "House and Home," 335, Strand, W.C.

We strongly urge strangers, when dealing with each other, to deposit the purchase-money at our Office. When this is done the deposit will be acknowledged to both parties, and we shall hold the money until we are satisfied that the transaction is completed; when, if a sale has been effected, we shall remit the amount to the vendor, but if a sale is not effected and we are satisfied that the goods have been sent back to the owner, the money will be returned to the depositor. In either case we deduct 6d. commission if the amount is under £3, and 1s. if above that sum.

Goods in transit are at the seller's risk. Articles sent on approval should not be kept more than four days. We advise all goods to be purchased on approval, and the right to return them should be insisted upon. When a number is used instead of the name and address of the advertiser, the name of the town should be appended to the advertisement, thus—(Gloucester.)

Unless otherwise stated the prices advertised do not include the postage or carriage of the article offered for sale. The rule in the case of an article sent on approval but returned, is for each party to pay the carriage one way.

CAUTION.

We earnestly warn our readers against trusting strangers. Goods ought never to be parted with for Bills, Drafts, Cheques, or Notes, until these have been cleared, or their genuineness otherwise ascertained. The deposit system, however, provides Perfect Safety.

All letters must be addressed to the Manager, Sale and Exchange Department, "House and Home," 335, Strand, W.C.

Deposits must be made by Cash, or by Cheques, and Post Office Orders, drawn in favour of John Pearce, and payable in London.

The Sale and Exchange.

THE LIBRARY.

OLD DIVINITY.—Gray's Key to the Old Testament and Apocrypha; Sermons and Essays by Toplady; Smith's Lectures on Nature and End of Sacred Office, at 1s. each; Considerations on the Sufferings of Christ, by J. Rambach, translated from the German, 3 vols., calf, 6s.; Spurgeon's Sermons, vol. 1, 1855, half-calf, 2s. 6d.; Christian Penny Magazine, illustrated, vols. 1, 2, 4, 2s. 6d.; Church of England Magazine, 7 vols., various, in half-calf, clean, 10s.—76.

HYDROPATHY.—Domestic Practice of Hydrophathy, by E. Johnson, 2s. 6d.; Theory and Practice of Water Cure, by Dr. E. Johnson, paper, 1s.; Water Cure in Chronic Disease, Gully, 2s.; smaller edition, 8d.; Smedley's Hydrophathy, 8d.—77.

HEALTH.—Sylvester Graham's Lectures on Human Life, 2 vols., cloth, American Edition, 6s.; Combe on the Management of Infancy, 1s.; The Art of Prolonging Life, 1s.; Constitution of Man, Combe, soiled, 6d.; Fruits and Farinacea, the Proper Food of Man, by John Smith, 5s.—78.

TEMPERANCE.—Bacchus, by Grindrod, 3s.; Some Inquiries into the Effects of Fermented Liquors, by a Water Drinker (Basil Montague), 1814, some plates missing and wanting binding, 2s. 6d.; Parliamentary Evidence on Drunkenness (J. S. Buckingham's Committee), 1834, 5s.; International Temperance Convention (1862), 3s.; The Anatomy of Drunkenness, Macnisch, 2s. 6d.; Dunlop's Compulsory Drinking Usages, 2s. 6d.; Macculloch on wine, 1s.; Curse of Britain, 2s.; do., 1s. 6d.; Idolatry of Britain, 2s.; Scottish Review, 1861, 1s. 6d.; Livesey's Moral Reformer,

1832, May to December, 3s.; Truth Seeker, edited by Dr. Lees, 1849 and 1850, two volume, half-bound, 10s.; Works of Dr. Lees, vol. 4 (Prohibition), 4s.; do., 2s. 6d.; Is Alcohol a Medicine? by Dr. Lees, 1s.; Nott's Ten Lectures, 1s.; Wine Question Settled, by B. Parson's, 1s. 6d.; Delavan's Considerations of Temperance (American), 3s. 6d.; The Bible Commentary, 2nd edition, 4s.—79.

ILLUSTRATED.—Cruikshank's Comic Almanac, 1845, 1s. 6d.; do. 1851, 1s. 6d.; Environs of London, by John Fisher Murray (Western Division), 1852, boards, 4s.—81.

CHOICE NOTES.—History, 2s.; Folk Lore, 2s.; Signs of the Times, Bickersteth, 1s.; Perils of the Nation, 1s.; Discussion of Spiritualism, Britain, New York, 1855, a large vol., 6s.; Lord Byron's Works, French Edition, in English, 1819, 6 vols. only, vols. 1 to 6, bound with portraits, 5s.—82.

EQUAL TO NEW.—Arctic Expeditions, by Murray Smith, pub. at 42s., for 12s.; Seddon's Rambles in Rhine Provinces (3s. 6d.), 10s. 6d.; The Lord's Prayer, by Dean Alford (21s.), 4s. 3d.; Shakespeare's Plays and Poems, chromo-litho plates, 2 vols. in 1 (25s.), 10s.; Sisterhoods of England (6s.), 1s. 6d.; Adirmdac Tales (3s. 6d.), 1s. 4d.; Millman's History of the Jews (3s. 6d.), 1s. 6d.; Burritt's Voice from the Back Pews (6s.), 1s. 8d.; Half-hours with Sacred Poets (3s. 6d.), 2s. 6d.; Distinguished Persons in Russian Society (7s. 6d.), 2s.; Hogarth's Frolic (10s. 6d.), 3s. 2d.; London's (Mrs.), My Own Garden, 8d.; Beeton's Book of Anecdote, 6d.; Memoirs of P. P. Bliss, 4d.; Sargent's Communications from Another World, 6d.; Spurgeon's Twelve Realistic Sketches, with portrait, 9d.; Unity of Natural Phenomena, by Sargey (5s.), 1s. 6d.—84.

HISTORY.—Quite equal to new, Gibbon and Oskley's History of the Saracen Empire (Murray), 2s.; Memoirs of the Court and Times of Queen Elizabeth, 2s.; Hallan's State of Society in Europe during Middle Ages, 9d.; History of the Decline and Fall of the Roman Empire, by Gibbon (Bohn's imperial edition), pub. at 31s. 6d., for 9s. 6d.; Burnet's History of his own Time (Bohn), pub. at 25s., for 7s. (London)—52.

Macaulay's England, 1864, the 4 vols. in two, half morocco, 16s.; Hume's England, 3 vols., cloth, 1871, 7s. 6d.; Gibbon's Roman Empire, 1870, 3 vols., cloth, 9s.; Early Britain, by Milton, More, and Bacon, 1870, 2s. 6d.; England under Henry VIII., by Lord Herbert, 1872, 3s. (London)—53.

History of England, by Hume, 8 vols., bound, with portraits; Continuation of do., by Smollett, 5 vols., clean and uniform, 13s.—80.

RELIGIOUS.—The following are from the library of the late Bishop Wilberforce: Mornings with Mamma, fourth series, roan, 2s.; The Epistle to the Galatians, by Sir Stafford Carey, M.A., 2s.; Church Expansion, by Rev. C. B. Pearson, M.A., 2s.; Suffragan Bishops and Rural Deans, by Fendall, 1s.; The Spiritual Combat, by Father Scupoli, 2s. 6d. (London)—54.

The Biblical Companion, by William Carpenter (Tegg, London), a large vol., half-bound, in good condition, 6s. 6d.; Milton's Works, prose and poetical, in one large vol., cloth (Bohn), 7s. 6d.; Budinger's Abridged Bible, from the German, by Asher, 1s. 6d.; Cobbin's New Testament with notes, pub. 21s., 5s. 6d.; Rev. E. Erskine's whole works in 3 vols., 6s.; New Testament in Hebrew and Greek on opposite pages, 2s.; The Perfect Life, by W. E. Channing, 2s. 4d.; Four Cardinal Virtues, by Rev. O. Shipley, 2s.; Invocation of Saints and Angels, by Shipley, 1s. 6d.; Fennell Glory, 1835, reprinted and edited by Shipley, 2s.—55.

OLD LITERATURE.—The Reconciler of the Bible, by J. T., Minister of the Gospel, London, 1656, old calf, 2s. 6d.; Heaven Opened, by R. A., London, 1665, old calf, 2s. 6d.; Twenty-one Sermons, by Lawrence Sterne, M.A., in a small vol., 1785, 1s. 3d.; Derham's Physico-Theology, in two small vols., newly bound in leather, 1799, 3s.; Characteristics, by Anthony, Earl of Shaftesbury, in 3 small vols., old calf, 1749, 5s.—57.

POLITICAL.—Letters of Runnymede, by Lord Beaconsfield, 1836 (a very daring work in his most sarcastic style), 10s. 6d.; The Voyage of Captain Popanilla, first edition, 1828, by Lord Beaconsfield, 7s. 6d.; Pamphlets for the People, edited by J. A. Roebuck, M.P., London, 1835 (a most Radical production of the then Radical reformer), 8s.; Individual Liberty, by Vindex (a clever reply to J. S. Mill), 1s. (London)—59.

The following books are new:—Napoleon III., the Man of his Time, from caricatures, over 100 caricatures, 4s.; The Great Suez Canal, its political, engineering, and financial history, by Percy Fitzgerald, 2 vols., pub. 30s., 5s.; Life of Thomas Wentworth, Earl of Stafford, by E. Cooper, 2 vols., pub. 30s., 4s.; Life of Algernon Sydney, 1622-1683, by Ewald, 2 vols., 4s.; Men Who Have Made the New German Empire, by Dr. Strauss, 2 vols., 4s. 6d.; Memoirs of Distinguished Political Women, 2 vols., 3s. 9d.; Old Rome and New Italy, by Castelar, translated by Mrs. Arnold, 2s. 6d.; Secret Societies of the European Revolution, by Frost, 2 vols., 5s. 6d.—60.

MEDICAL AND SCIENTIFIC.—Notes on Epidemics, by Austie, 1s.; Beeton's Dictionary of Universal Information, 9s.; Blackwell's Lectures on the Laws of Life, 9d.; Change of Air and Scene, a Physician's Notes and Hints, 2s. 6d.; Haydn's Dictionary of Science, 7s. Our Food, by E. A. Davidson, 9d.; Sciatica and Lumbago, by H. Lawson, M.D., 2s.; Wines and Other Fermented Liquors, by Sheen, 1s.; Smedley's Practical Hydrophathy, 2s.; Surgical Experiences, by S. Solly, F.R.S., 3s. 6d.; Elements of Health and Female Hygiene, by Dr. Tilt, 1s. 8d.; Utilisation of Minute Life, by Phipson, 1s. 8d.; Kirke's Handbook of Physiology, by Baker, 6s. 6d.—65.

FICTION.—White Conquest, by Hepworth Dixon, 2 vols., 6s. 6d.; Pickwick Abroad, by G. W. M. Reynolds, 40 steel engravings, 7s.; Calumny, by Eastwood, illustrations, 2s. 6d.; Mysteries of Paris, by Sue, 1s. 9d.—66.

The following novels are equal to new, some uncut, in three volumes, offered at 3s. per set:—A Little World, by G. M. Fenn; As the Shadows Fall, by J. E. Muddock; As Innocent as a Baby, by W. C. Russell; Beauchamp's Career, by Geo. Meredith; Black Spirits and White, by F. E. Trollope; Broad Church, by Dr. M. Davies; Captain Fanny, by the author of 'John Holdsworth'; A Charming Fellow, by Mrs. Trollope; Chesterleigh, by A. Conyers; The Chronicle of Sir H. Earsleigh, Bart.; Squire Silchester's Whim, by M. Collins; Miranda, by M. Collins; Democracy, by Whyte Thorn; Done in the Dark, by the author of 'Recommended to Mercy'; Doubleday's Children, by Dutton Cook; Durnton Abbey, by T. A. Trollope; Fair, but not False, by Evelyn Campbell; From Plough to Pulpit, by L. W. Church; Gerald Madow's Wife, by C. J. Ayrton; Greed's Labour Lost, by the author of 'Recommended to Mercy'; His Second Wife, by Mrs. Eiloart; Is He the Man, by W. C. Russell; Jabez Ebsleigh, M.P., by Mrs. Eiloart; The Landlord of the Sun, by William Gilbert; Love's Young Dream, Oakshott Castle, by Henry Kingsley; Oldtown Folks, by Mrs. H. B. Stowe; Pretty Miss Bellow; Shipowner's Daughter, by John Saunders; So Very Human, by A. B. Richards; The Doctor's Dilemma, by Hesba Stretton; Thereby hangs a Tale, by G. M. Fenn; and Vets, by Dr. C. M. Davies.

VARIOUS.—Carlyle's Germany, 2s.; A Satirical View of London, by John Corry, 1870, very curious, 2s. 6d.; Hogarth's Works, in three vols., 8vo., cloth, 160 engravings, 13s.; The Genial Showman, Artemus Ward's Life, 4s. 3d. (London)—67.

WANTED.—Books and publications on drink, intemperance, and temperance.—Verax, 'House and Home' office, 335, Strand, W.C.

Wanted, Gentleman's Magazine, index to vols. 3 and 4. J. PEARCE, 335, Strand, W.C.

Mahogany Book-case wanted, not more than 7ft. high, or 3ft. 6in. wide. State condition. (Reading)—69.

EXCHANGE.—Advertiser offers 'Horticultural Record,' weekly, for 'House and Home' weekly, or 'Literary World,' monthly, for 'House and Home,' monthly, (Denbigh)—73.

MAGAZINES (unbound, complete, and quite clean).—Leisure Hour for 1867, 1868, and 1869; Chambers' Journal, 1864; Quiver, 1870 and 1871; all at 2s. each.—74.

ENGRAVINGS.—Two fine engravings, 'John Wesley Preaching on his Father's Tombstone,' and 'Charles Wesley preaching to the Red Indians.' What offers?—75.

PRINTING.—Wanted a Self-Inking Machine, Model or Simplissimus (London)—70.

ROBERTS' STOVE to burn night or day for about 2d. fuel, £1 10s.—S. Ivy House, Ullesthorpe, Lutterworth (Leicestershire).

DISC WASHING MACHINE with Wringer, £4.—S. Ivy House, Ullesthorpe, Lutterworth (Leicestershire).

RABBITS.—Himalayan rabbits, buck and doe, the latter has had three litters, which have been well brought up. 6s. pair, or separately.—T. Howard, Grove Bank, Highgate.

GROVER AND BAKER'S SEWING MACHINE, elastic stitch, with case, lock and key, and all appendages, in first-class working order, nearly new, to be seen at 25, Leicester Terrace, W.—Price £3 3s.

OIL PAINTING.—Offer wanted for an Old Oil Painting (King Charles), size 28 by 23 inches. Can be seen at 24 E. Street, Queen's Park Estate, W.

FINE ARTS.—Wanted, some ancient Oil Paintings, or a Good Old Violin, in exchange for a Capital Sewing Machine or a Good Watch.—Please give full particulars to—85.

ADVERTISEMENT.

THE TEMPERANCE JOURNAL AND TREASURY.

A WEEKLY FAMILY AND GENERAL TEMPERANCE NEWS-PAPER.

Having a Large Circulation throughout the United Kingdom and abroad. The Number for Feb. 22nd contained the Opening Chapters of a Story of great interest, entitled

THE CURSE OF MILL VALLEY.

Amongst the regular contributors to the paper are Dr. F. R. Lees, F.S.A., William Hoyle, Esq., of Tottington, and others.

In addition to the Serial Story, each Number Contains Articles and Leaders, by competent writers; Topics of the Week; Page of The Home; and for the Young original and selected Poetry; Progress of the Cause at Home and Abroad; and Reports of the Leading Temperance Organisations throughout the World; Varieties, grave and gay, and Enigmas, and Charades, for answers to which prizes are offered.

The TEMPERANCE JOURNAL is published every Thursday for Saturday, Price One Penny, and can be obtained from all Newsagents and Booksellers.

Trade supplied by Messrs. CURTICE and Co., Catherine-street, Strand, W.C., and at the office of the Journal, 61 Fleet-street, E.C.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

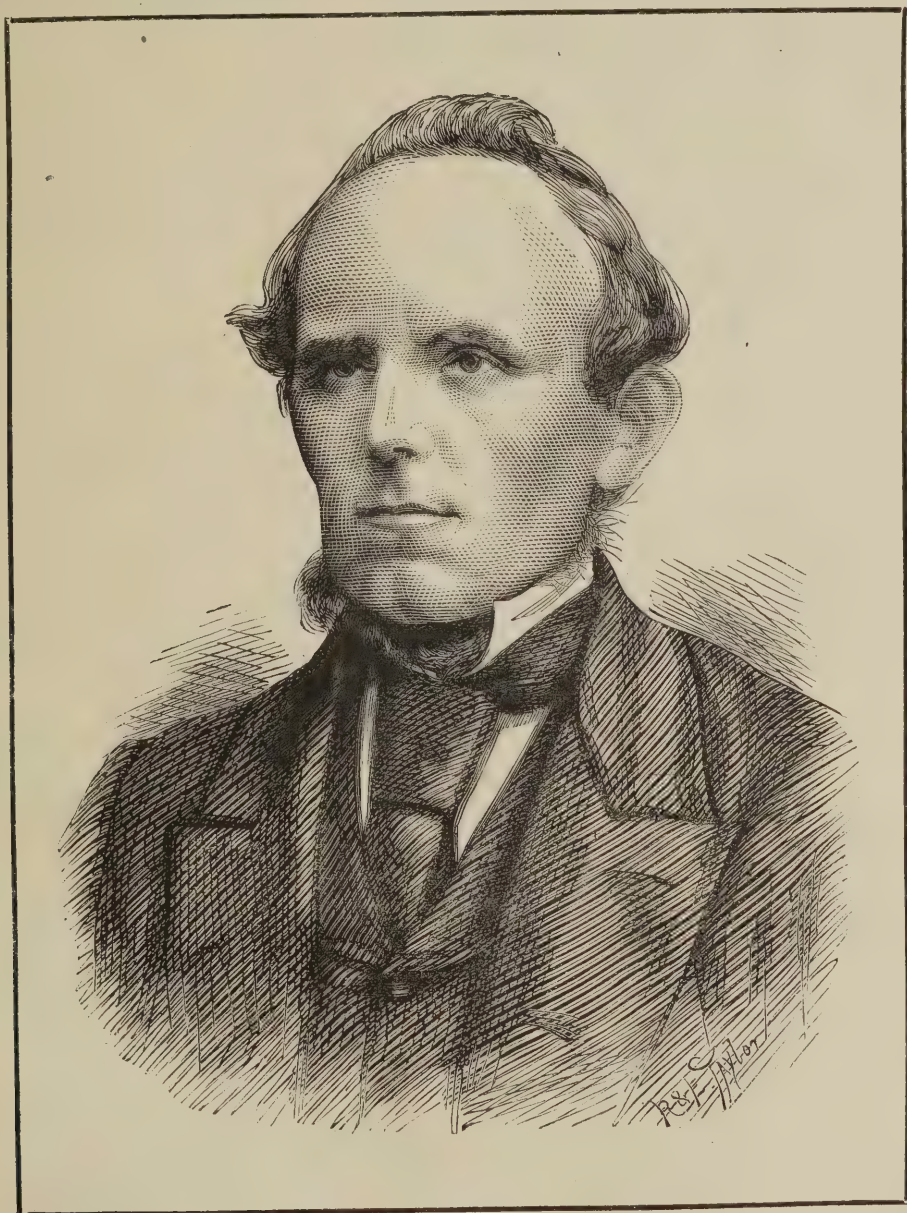
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

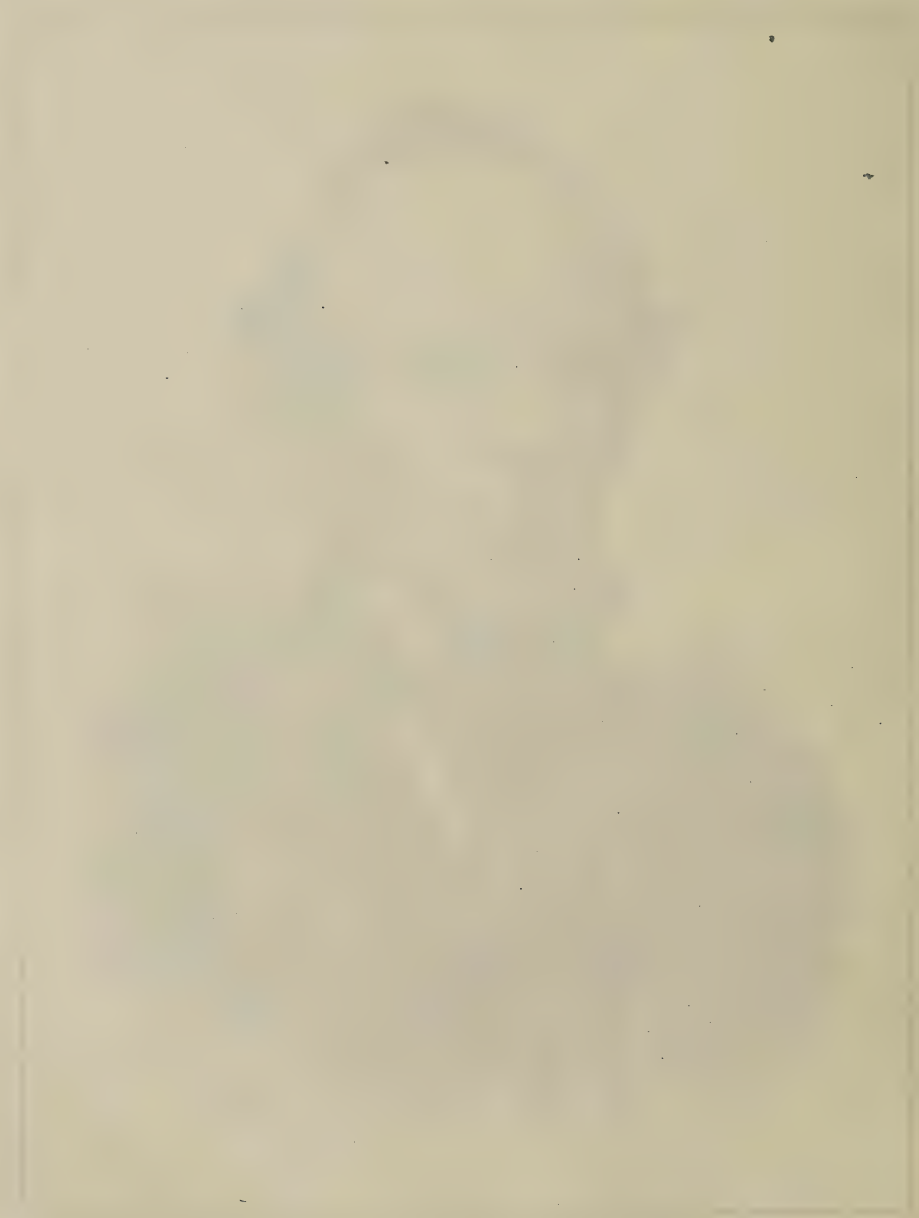
No. 13, VOL. I.]

SATURDAY, APRIL 19TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



WILLIAM HOYLE.



The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: APRIL 19th, 1879.

CONTENTS.

	PAGE
MR. WILLIAM HOYLE	151
WILLIAM COBBETT'S OPINIONS ON BREWERS, PUBLICANS, VESTED INTERESTS, AND LICENSES	152
THE TAX-PAYING POWERS OF DRUNKENNESS	153
ON THE SOCIAL NECESSITY OF POPULAR SANITARY SCIENCE	153
BATHING	154
HOW TO CURE AND PREVENT THE DESIRE FOR DRINK	155
THOMAS CARLYLE ON EASY BOOTS	155
MACARONI	157
THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED	157
WILLIAM COBBETT ON IMMORAL SOURCES OF REVENUE	158
AN OLD MAN'S IDYL	158
DOMESTIC ECONOMY CONGRESS	159
THE METROPOLIS MANAGEMENT AND BUILDING ACTS AMENDMENT ACT, 1878	159
THE ATTEMPT TO SET UP PUBLIC-HOUSES NEAR THE QUEEN'S PARK ESTATE	159
WORDS OF CHEER	152
THE PLEASURES OF HOME	159
'DO NOT SAY I AM DEAD'	159
GEMS OF THOUGHT	160

MR. WILLIAM HOYLE.

AMONGST the band of political and social economists who have been discussing the severe and long-continued commercial depression with which our country is afflicted, the most prominent figure is that of Mr. William Hoyle. In London, Birmingham, Manchester, and other centres of industry, he has either read papers or addressed conferences on the question, and no one else brings to the discussion of the subject so much knowledge as his life-long study of the subjects underlying the existing difficulty enable him to do. Hence he is always listened to with interest and respect, and his utterances are universally regarded as the most valuable contributions to the discussion.

Springing from the people, and rising commercially and socially by his own industry and perseverance, he knows the needs of the masses, and is peculiarly qualified to speak on questions which closely affect their weal.

Mr. Hoyle was born in the year 1831, in Rossendale. He was the youngest but one of five children. His parents were not able to do more for him than give him a careful training. When about four years of age they removed to Brooksbottom, near Bury, and William attended a dame-school, held in a cottage, for two or three years.

At eight years of age he began the struggle for bread as a half-time hand in a cotton mill; and for five years he attended the newly-built school of Mr. J. R. Kay during half the day, while the other half was employed at the mill. At thirteen years of age he went to work full-time, and from that period his only opportunity for instruction was the night-school, after his day's work was done.

As a lad Mr. Hoyle saw the evils of the drinking system, and at the early age of fifteen he signed the temperance pledge. He soon became actively employed in the promotion of the newly espoused principles, which he defended when only eighteen years of age, with much skill and complete success, in a public debate, held in the Mechanic's Institution. He commenced the habit of early rising, for study, at fifteen years of age, and by it he was able to secure two or three hours for self-improvement before going to the mill.

In 1851 Mr. Hoyle removed, along with his father, to Crawshawbooth, where they commenced business as cotton manufacturers, and the present concern with which he is connected has grown from this small beginning. It will interest those of our readers who are dietetic reformers to know that it was about this time, too, that Mr. Hoyle became a vegetarian. Speaking at a public meeting of the Vegetarian Society, held in Manchester, on the 14th of October, 1868, he said:

'As a manufacturer, possessing 1,000 looms, he thought few could say as he could, that himself, his wife and two children lived upon £100 a year. He used, when a boy, to read about the habits of primitive peoples (he was then seventeen years of age, minding two looms in a factory), and thought he would like to adopt those habits himself. His mother was sadly afraid he would not live; but, as his health kept growing better and better, no more difficulty was interposed. On beginning to study the subject, he found, as was universally the case, that true fact was corroborated by true philosophy. His embracing that system had enabled him to do a great deal more work in the world—to resist a great deal of temptation, to abstain from many follies and fashions. His friends knew that his practice was based on principle, and did not expect him to keep a table, or adopt habits like themselves. Mixing largely with society, as he did daily, and frequently having his principles canvassed, he had never yet met one good reason why he should renounce vegetarianism. He started life with the resolution to live for a purpose. He could look back upon his past life with joy; he had fewer wants and more pleasures, and to this his vegetarianism helped.'

These are truly noble words, and deserve to be well pondered by the young men of the age.

Since his marriage, in 1859, Mr. Hoyle has resided at Tottington, near Bury, where his mills are situate. He is the author of numerous pamphlets on Temperance, Diet, and the Liquor Traffic, but the one entitled *The Inquiry into the Causes of the Long-continued Depression in the Cotton Trade*, by a 'Manchester Cotton Manufacturer' (1868), was the first publication which attracted attention and met with a national circulation. His work, *Our National Resources: and How they are Wasted* (1871), speedily went through four library editions, and a cheap edition of 20,000, published at one shilling, was quickly exhausted. This was followed by a people's edition, published at fourpence, of which 100,000 copies were printed. In 1876 he issued a volume entitled *Crime in England and Wales*, which received considerable notice.

Mr. Hoyle is a member of the executive and a vice-president of the United Kingdom Alliance, and he has rendered splendid service to that organisation both by tongue and pen.

In moving a resolution at the annual meeting of the council at Manchester, on 24th October, 1876, Mr. Hoyle made the following remarkable statement :

‘He had hoped to increase his donation from £300 to £500, but could not prudently do so in face of the present bad trade ; but he would do so when able, and continue the amount until the work was accomplished. He would much rather leave his children penniless in a country without liquor-shops than leave them a great fortune as things are. He had made up his mind to leave no fortune to his children if he had also to leave the liquor traffic in the country. A good share of his income should therefore go towards this great movement. If the agitation lasted twenty years longer his subscription would amount altogether, at this rate, to £10,000 : but if in ten or twenty years we could remove the liquor traffic, the prospect of the country would be so bright that we need have no apprehension about our leaving fortunes to our children. We should leave them a far handsomer legacy in their sober and industrious surroundings.’

We could continue to quote from his speeches did our space permit, but the two extracts given are sufficient to show what manner of man Mr. Hoyle is. His labours in connection with philanthropic movements and local bodies have fitted him to enter the more important arena of public service—Parliament : and we look forward with pleasure to the time when he will take his place in that distinguished assembly, feeling confident that he will then render his country such services as only an incorruptible patriot can.

WILLIAM COBBETT'S OPINIONS ON BREWERS, PUBLICANS, VESTED INTERESTS, AND LICENSING.

[1822.]

Now that public attention is so largely occupied, both in and out of Parliament, with the question of intemperance and the various suggested legislative remedies for it, the opinions held and expressed on the question by the observant William Cobbett will be read with interest.

In ‘Cobbett’s Collective Commentories : or Remarks on the Proceedings in the Collective Wisdom of the Nation, &c., 1822,’ the following remarks are made upon the malt-tax, the brewers’ monopoly, licensing and vested interests.

March 16th, 1822.—In commenting upon remarks made by Mr. Calvert, the brewer, Mr. Cobbett says : ‘This affair of public brewing is a crying evil ; and it can never be put an end to until *the present mode of licensing public-houses be put an end to.* This gives the brewers a complete *monopoly.*’

March 19th, 1822.—Mr. Cobbett makes the following reference to a debate in the House, on the previous evening, upon the price of porter :

‘We showed clearly (on the 16th) the enormous gains of the brewers, derived from their monopoly of public-houses ; and we concluded by earnestly calling upon the people, in all parts of the country, to petition for an alteration of that monstrous system of licensing public-houses which has caused this monopoly ; and which really has enabled the public brewers to be a set of oppressors upon a level with the Aumils and Zemindars in the East Indies ; while not a few of them put forward pretensions to patriotism and love of

liberty, and while the really worthy people of Middlesex think they have gained a great triumph in electing one of them in place of a Bank Director ! . . . The most important part of Mr. Huskisson’s speech was that which related to licensing public-houses. He said that there certainly was a *combination* amongst the public brewers in this respect ; and he added, “that every effort ought to be made *by the Magistrates* to encourage free public-houses, even at the expense of refusing licences to those in the hands of brewers.” The object in view is very right, Mr. Huskisson ; but if you think that it will be accomplished *by leaving it to the Magistrates*, you have only to look at the conduct of the three Magistrates that were the other day indicted and convicted in consequence of what they did as to refusing a licence to that public-spirited and most meritorious gentleman, Mr. Meeke. Recollect, also, that brewers are very frequently *Magistrates themselves ; Bankers*, too, very frequently ; powerful men, in short, against whom the mass of the people have, as things now stand, no chance of protection. If the Parliament have a mind to do anything effectual, or, rather the Ministry—for this is a matter for the king’s servants to propose—let them do something of the sort that is done in America ; and particularly in the State of New York, where, though there are *no Excise* and *no tax on any licence*, yet there is a licence necessary to the keeping of a house of public entertainment, which is there called a tavern. For it is deemed to be a neglect of duty in the Government not to take care, as far as it can, that such houses should not be kept by persons likely to suffer them to be scenes of bad moral conduct. Therefore, the party wishing to keep a tavern, must have the previous approbation of a *majority of Land-occupiers in the Townships*. It is not left to the Justices of the Peace in the Townships ; nor to the Quarter Sessions. This would be to make it a matter of liable to the influence of political or personal partiality, and, indeed, *to the influence of corruption* ; for a licence is a thing worth money. To leave it to the voice of the township at large (including young fellows and people of all descriptions), would not be right ; because this is a matter where the passions would have a great deal to do ; and where, from the general taste of youth and thoughtlessness, *the selection ought to be lodged in the hands of persons naturally steady from their habits and pursuits, and deeply interested in the morals and welfare of the Township.* If the Ministry will propose something of this sort here, we are quite certain that they will excite great gratitude in the hearts of the people. We protest against any power, as to this matter, to be lodged in the hands of the clergy, any more than in other landholders or other occupiers ; it is now the custom of Magistrates in the country, to require the recommendation of the *resident Minister*. Nothing can be more dangerous than this. *The public brewer has only to get the Minister on his side, and then he is Lord of the parish.* We have known some instances of monstrous injustice and cruelty to spring from this source. *Nothing can be more easy than to adopt an effectual measure for preventing partiality and corruption in the licensing of public-houses.* It is a thing loudly called for ; and we shall be amongst the first to offer to the Ministers the tribute of praise that it will merit.’

April 18th, 1822.—Respecting a debate upon a petition from Maidenhead upon the Licensing System, Mr. Cobbett says :—
‘It is true that the Licensing System does give the brewers a

monopoly; and that they use it to the great oppression of the common people. Sir Robert Wilson having observed, that "It would be desirable that *no licences* should be granted to *houses owned by brewers*," Mr. Bennet answered, "That there was a *million of money* embarked in *Brewers' Houses*, which sum would be endangered by such a decision." *But what answer is this to the complaint of the public?* What ANSWER is it? A very good reason for the brewers to corrupt and bribe, and to do all manner of things to keep the monopoly in their possession; but no answer to the complaints of the people. What! are the proofs of the *magnitude of the evil* to be produced *as arguments against putting an end to it?* We should have been glad to have heard Mr. Whitbread and Mr. Hobhouse (the son of Mr. Whitbread's partner); we should have been glad to hear "*Whitbread and Co's Entire*" FIRM upon the subject. . . . Come, come! Mr. Brougham (Lord Brougham); be frank and bold. Speak of the THING as it merits; say what you *dare* say of it, and what we dare not say; describe this licensing and these licences as they ought to be described, and as no one can describe better than you. Tell it out boldly; tell the whole story; and get credit for once with the honest part of mankind. It is all nonsense to talk about giving the Licence to the person and not to the house. It is given to the person now, in form; and, in short, is it not well-known to every creature in the country, that the Licensing is at once a *fiscal* and a *political engine*?"

June 6th, 1822.—Remarking on a discussion on the sale of vegetable powder—a substitute for cocoa and coffee—Mr. Cobbett said: 'Spirituous Liquors ought to be taxed most heavily; for it is the duty of every Government to watch over the *health* of the people.'

July 19th, 1822.—Upon the debate on the BEER RETAIL BILL of Mr. Brougham, Mr. Cobbett said:

'We were not a little surprised at the part which Mr. Alderman Wood took upon this occasion, it being, according to our view of the matter, in *direct hostility to the best interests of the great mass of the people*. The worthy alderman contended that it would be injurious to the interests of a *large class of persons*. He omitted all mention of the interests of the brewers, and seemed to regard it as a bill affecting the publicans only. He said that the houses were taken and built upon the supposed conditions of the existing law; and that many *widows and orphans* would be ruined by the violation of those conditions. *Conditions!* What conditions? And what *widows and orphans*? . . . Just as if the publicans *only* were to be affected by the bill, when it is manifest to all the world that the persons affected would be the great brewers; those who brew what they please, and compel others to sell it, because, *unless they sell it*, they are turned out of those vested interests about which *such an impudent clamour is made*. . . . While the alderman is so anxious about the publicans, and says nothing about the brewers; while he thinks so much of those who retail the beer, and are, as Mr. Brougham called them, the *funnel* through which the *brewers sucked down the earnings* of the people, he might have condescended to notice the professional class of this bung-hole fraternity, namely, the Porter-Doctors, or as they are called in the pompous slang of the trade, the *Brewers' Druggists*; those gentlemen who visit the *caves* of the publicans,

their pockets well stored with *quassia* and *coculus indicus*, which, if they do not give strength to the limbs, send fumes up into the brain, and afford great profits to Doctors of another description, by being the fertile source of palsies and apoplexies.

THE TAX-PAYING POWERS OF DRUNKENNESS.

To those who constitute the Legislators and Government of England let this tremendous subject have such consideration amongst them, that they may no longer sanction to pay the debts of the nation through the intemperance of their fellow-men. Knowing, as they do, that drunkenness fills our prisons and mad-houses, let them think how they can abate the present overwhelming temptations of gin-palaces, where, through the flaunting excesses of gilt, glass, and gas, with companionship and warmth, men are lured within to their own utter demoralisation, and the destruction and despair of their wives and children, left in cold, darkness, and hunger. Let them solemnly consider, too, whether there is not a set-off against the tax-paying power of drunkenness in the value of every able-bodied man lost to industry and every social duty. Let them reckon up the cost of his degradation, first in labour lost, next in the pauperisation of himself, wife, and children, and next in the crimes of the entire family degraded through his example. Then, too, let them count the cost of police, police magistrates, lawyers, judges, prisons, and mad-houses, and pronounce if they can in favour of paying our taxes by the intemperance of our fellow-men.

SAMUEL SAINSBURY.



HYGIENE.

THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACHING OF SANITARY SCIENCE.

(A Paper read before the Society of Arts, on March 5th, 1879; DR. B. W. RICHARDSON in the chair.)

BY JOSEPH J. POPE, M.R.C.S., L.A.C.,
Staff-Surgeon (half-pay), Professor of Hygiene to the Birkbeck Institution.

(Continued from page 140.)

Then, knowing that their health is in their own hands, and that they have the power of maintaining it, they will call upon the Local Boards to arise out of their sleep, and to adopt those means which have been at their disposal for so long a time, and to enforce those laws which, although placed within their power, have been hitherto mere curiosities of legislation.

But how are we to get this education in sanitary science? First and foremost, by making it a subject in our common everyday teaching, by sowing the good seed of sanitary knowledge in the fruitful soil of a child's unprejudiced mind, and so fitting him the better to take a future part in the great struggle of life. Such instruction will prove more beneficial than many forms of present education, and will bear good fruit. It is a

work wholly good, free from the error and frailty that clings to so much that we do; a work really unselfish, for it is actuated by the love of man. It should be the aim of all who have the prosperity of the State at heart. As natural science, in its familiar and various branches, becomes introduced into our system of education, so may we hope to see the nation progress in fair rivalry with others. We may not perhaps turn out so many linguists or Oriental scholars, we may not increase marked men of abstruse science and learning, but we shall multiply that glorious class, original thinkers and observers, true men and women, who will do good in their day and generation.

This education must cease to be viewed as supplementary teaching. It must also be rendered, not as mere lessons to be learnt by rote, but as a practical benefit to be thoroughly understood and worked out. And here we meet with a serious check. Her Majesty's inspectors have so far discouraged it—they find the subject alien to their literary education; and although admonished by circular, only during last year, to afford more attention to Domestic Economy, they have only as yet lent the light of their countenances to two branches of this all-important subject, namely, clothing and cookery. I would that we should not rest satisfied until it is thought of equal importance for a child to know something of his own structure, and of the simple laws governing his life, by obedience of which he can secure to himself a healthy, vigorous, and lengthened existence. And my remarks apply with even greater force to private educational establishments, and more particularly to those devoted to the education and training of girls. It is indeed a sad thought, that the largest amount of evils connected with a disregard of the ordinary laws of health can usually be found in ladies' schools, and in the general plan and arrangements for the early life of our girls. Although at her birth of equal vigour, and doubtless equal stamina, to her brother, it seems a necessary course to adopt a distinct line of conduct with reference to her. Artificial supports are thrust upon her, although she is quite able to hold herself upright. Natural freedom and healthy play are tabooed as unlady-like, and sooner than she should enjoy life as it is, an artificial tone is given to her education, even from her earliest years.

It is especially woman's work to carry out the principles of sanitary science, and yet they remain the most ignorant of its simplest attributes, and neglect almost universally to take heed of its plainest requirements. Their position as housewives and mothers affords them just the opportunities beneficially to act in detecting and warding off matters likely to prove detrimental to health. As Mr. Teale pointedly put it, the wife realises keenly the dangers to her children from unsanitary conditions, the husband considering more the cost of their removal or abatement.

A not less startling fact to that quoted by Mr. Chadwick, is that one-fourth of the children born into this world to endure for threescore years and ten die before they attain the age of five years. This is a sad truth, but it is made the more lamentable when we know that these deaths mostly arise from causes that are quite preventable, such as the unhealthy homes of the poor, the unjustifiable use of stimulants, drugs, and quack medicines; and the prejudice, ignorance, and neglect of parents and nurses. Further, we find that half the deaths

occur in the first year of life. This is certainly not the necessary destiny of humanity. It is distinctly to be traced to the want of this popular knowledge of sanitary matters, for we find the majority of these are first-born children, who, under our present system, are left to be experimented upon by a fond but ignorant mother. Are there not hundreds of infants tortured and even starved to death through improper feeding? Day by day instances crop up which go to prove that on this, the first essential of a child's life, the wildest notions exist in the female mind, and the most certain methods are adopted to ensure a wretched condition, frequently having a fatal termination.

It is a sad reply, but a frequent one, to the question, 'How do you feed baby?'—'Oh! he has a bit of anything that is going.' If for no other reason than a desire to ensure a vigorous and healthy future to us, as a nation, instruction in such a vital matter should be generally afforded, and that could be easily attained if the elements of physiology, and a practical acquaintance with the laws of health, were compulsory subjects in every girl's education.

Do not for one moment imagine that I refer merely to our poor sisters. There are but very few of our ladies in the middle or upper classes who are at all aware of the causes of domestic unhealthiness.

(To be continued.)

BATHING.

BY C. BRADY.

PART I.

It is quite certain that the ancients were acquainted with many arts and sciences that have been lost in the lapse of ages, and of those that have been transmitted to us, we have not always reaped the full benefit. Amongst the latter, undoubtedly, is the art of bathing. Such was at one period the popularity of this exercise, that the number of baths in Rome alone was nearly one thousand. Necessity and purity first dictated the practice. Nature gave the first impulse; but when the primitive purposes of these institutions were perverted, voluptuousness superadded pursuits the most repugnant to delicacy and opposed to morality. The important use of the Roman baths must be apparent, when it is remembered that during five hundred years they superseded the necessity of physicians in Rome, and that the remedies of many nations at the present day are baths only. It must be admitted that their importance has not been duly estimated by the English; and it is more than probable that many of those diseases that seem peculiar to us may be the offspring of a neglect of the salutary observances of bathing, which have the sanction of long experience to support and recommend them.

Those who habituate themselves to the use of baths, independently of the luxurious gratification of the practice itself, are required, in most instances, by vigour of constitution and serenity of spirits, usually the sure conditions of longevity.

No one, however, can be sanguine enough to suppose that bathing can remove all the 'ills that flesh is heir to;' but it may be safely asserted that it is almost unrivalled for the universal influence which it has on the human system, and for its congeniality to the natural feelings.

The fickleness of this climate, those rigorous fluctuations of weather to which we are exposed, and the chronic torturing

maladies to which the English nation is proverbially subject, renders the introduction of bathing into constant and general use much to be desired, both for the prevention and removal of our climatorial disorders.

The constitution is only vulnerable to the assaults of disease when it has parted with the pristine vigour with which it was originally endowed; but certain deviations from the plain and obvious dictates of the instincts with which Nature has furnished us render the body liable to injury from sources which it was before enabled to parry and resist. In the number of those simple means which confer a hardihood and insusceptibility, and which are of general application, we find exercise and bathing.

In all warm countries—and in our own in hot weather—the instinct for bathing is so strong, that animals will leave the sultry plains in troops, and seek refreshment in the stream.

The luxurious and enervated Asiatic seeks a renovation of his languishing powers in the luxury of the bath, whilst it is sought with equal fervour by those in colder climates, where the penetrating frost dries up the kindly dew that is distilled from every pore.

Ablution was the *sine qua non* of the supercilious Pharisee, of the disciple of Mahomet, and of the simple Hindoo, and the practice of bathing is mentioned as early as the heroic ages.

In a medicinal point of view, it is first noticed in the instance of the King of Argos's daughter, whose cure it is said to have effected; and ever since, the remedy of the bath has fallen into disuse, or risen in reputation, as ignorance and misapplication, or skill and good management, have predominated.

The transpiration of fluid through the pores of the skin serves very beneficial purposes in the animal economy. It equalises the heat, and it softens the skin by its unctuousity. This very fact, however, renders the lavation, or washing, most necessary, on account of the accumulation of impure matter on the skin when the perspiration is long retained on the surface.

In hot countries it has been proved that those who perspire most copiously and easily are least liable to be attacked by those endemic and ravaging disorders with which some of those regions are visited. But the retention and accretion of this fluid on the skin, either from wearing flannel, or from any other cause, is the readiest means of obstructing and lessening this healthful transudation. Frequent ablutions, or bathing, have long been recognised by medical men as the only means of protection against this fruitful source of impurity.

Perspiration is one of the most important of the animal secretions, on the due quantity of which health so much depends.

THOMAS CARLYLE ON EASY BOOTS.

THE following letter, addressed to Mr. Dowie (now Messrs. Dowie and Marshall) by Mr. Carlyle, is so characteristic of the great author that we reproduce it. Those of our readers who would like to possess a fac-simile of the original should apply for it to Messrs. Dowie and Marshall. It is a literary curiosity:

'To MR. DOWIE, *Boot and Shoe Maker, Charing Cross,*
(or whatever the right address is).

'DEAR SIR,

'Not for your sake alone, but for that of a public suffering much in its feet, I am willing to testify that you have yielded me complete and unexpected relief in that particular; and in short, on trial after trial, that you seem to me to possess, in signal contrast to so very many of your brethren, the actual art of making shoes which are easy to the wearer. My thanks to you are emphatic and sincere.

'T. CARLYLE.'

'5, Cheyne Row, Chelsea, 10th July, 1868.'

DIETETICS.

HOW TO CURE AND PREVENT THE DESIRE FOR DRINK.

THE perfect observer in any department of science will have his eyes, as it were, opened, that they may be struck at once by any occurrence which, according to received theories, ought not to happen, for these are the facts which serve as clues to new discoveries.—*Sir J. Herschell.*

Facts are more useful when they contradict, than when they support received theories.—*Sir H. Davy.*

DR. RUSSELL, of Edinburgh, in his lecture on food and drink, delivered before the Sanitary Congress, at Stafford, in October last, came face to face with a great truth when he stated that, 'The depression which led to a desire for alcoholic drinks was a sign of ill-health, overwork, or unsanitary conditions.'

But Mr. Groom Napier, F.G.S., in a paper read before the British Association, at Bristol, in August, 1875, set forth that which seems to be the most natural, and therefore the most efficient, remedy for the drink-craving ever devised.* According to Liebig, most people find that they can take wine with animal food, but not with farinaceous or amylaceous food. Mr. Napier, finding this statement supported by his own experience and that of others in his own family, was induced, more than twenty years ago, to test the value of that which appeared to suggest itself as a rational means of both preventing and curing intemperance.

In the pamphlet mentioned below we have a record of twenty-seven cases successfully treated by the diet cure. An American physician, whose name we do not remember, has cured upwards of one thousand persons by the same simple and natural means—viz., a *natural diet*.

This aspect of the temperance question surely deserves more attention than it has yet obtained, for it may be with safety asserted that before total abstinence can approximate to anything like universal acceptance, we must remove or destroy that weakened, unnatural, or unhealthy condition of the system, that makes the use of stimulants *appear necessary*. That such an injurious habit as drinking intoxicating liquors should have become a part and parcel of the every-day habits of so large a majority is a fact as strange as it is true. If strong drink is really pernicious, how is it so many are afflicted with an insatiate craving for its use? Is it not very unnatural for rational beings to desire that which is hurtful to them? Most assuredly. The dumb creation, although inferior to man, do not make such a grievous mistake. Why? Because they are true to their nature in the selection of their food. How has it become possible for man to display the strange anomaly of ardently desiring that which has proved itself to be his greatest foe? Simply because, in a physiological sense, he is not *himself*. He is not built up by food containing the right elements for the due construction and sustainment of his manhood in all its physiological integrity. His system owes its growth and development to a kind of food that is full of *disturbing and antagonistic elements*—elements not in harmony with his physical, moral, and intellectual well-being; and it is the presence of these abnormal materials that makes the present sad and monstrous condition of things possible—viz., a desire on the part of man to use those things—alcohol and tobacco, to wit—which are his deadliest foes. These morbid longings could not

* 'Vegetarianism a Cure for Intemperance.' Tweedie & Co.

manifest themselves in man in his natural condition. He could not desire, or even tolerate, an unnatural practice unless containing within himself unnatural elements. An exalted physical and intellectual condition is impossible to us so long as we are content to build up our wonderful organisation with the material supplied by the bodies of inferior animals—creatures *lower* than ourselves in the scale of creation. This semi-savage habit, the practice of a barbarous age, has lowered man till he has drifted into that nondescript place in nature which has made it possible for him, with all his glorious powers of mind and soul, to desire, to a degree no words can describe, those things which are most destructive to his well-being—an act of folly that has no parallel in the animal world; for all dumb brutes, when unperverted by man, recoil from those things which work them harm. But there is a royal road out of this labyrinth of error. If we live upon our natural food, we shall no longer be tormented with morbid desires, but long only for those things which are needful and good. Dr. Jackson, of America, who has had thirty years' experience of this method for curing intemperance, says:

* 'It is morally and physically impossible for any man to remain a drunkard who can be induced to forego the use of tobacco, tea, coffee, spicy condiments, *common salt*, flesh meats, and medicinal drugs. If his diet consists of grains, fruits, and vegetables, simply cooked, and he keeps his skin clean, he cannot, for any length of time, retain an appetite for strong drinks. The desire dies out of him, and in its stead comes up a disgust. This disgust is as decidedly moral as it is physical. His better nature revolts at the thought of drinking, and the power in him to resist is strengthened thereby. The proof of this can be seen at any time in our institution, where we have always persons under treatment for inebriety. The testimony is ample, uniform, and incontrovertible. The patients themselves testify that they became sober, not from any moral considerations at first operative in them, but because, under the plan of living to which they were subjected, the appetite died out. Children brought up only on milk and grains, fruits and vegetables, simply cooked, leaving alone flesh meats, condiments, and stimulo-narcotic table beverages, never become drunkards. The love for simple food cultivated in childhood can never, under any circumstances, be lost. When the child has grown up, his liking for simple food is still active; he prefers the grains, fruits, and vegetables. If he has been fed during his early days on bread made of unbolted wheat flour, the nerves of his body will have been kept so healthy that no desire for stimulating drink will ever be awakened in him. I do not believe that it is possible to awaken a desire for exciting liquors in a child, boy, or man who has never eaten superfine flour, nor flesh meats, nor condiments. To awaken such an appetite, he must resort to the use of one or all of these substances. Keep him away from them persistently, and leave him free to follow his bent, and he will never resort to stimulants under any circumstances. However fatigued, tired out, or exhausted, the system calls for nourishment, not for excitement. If thirsty, the call is for liquids which have nothing in them that is stimulating. Add to this that one of the greatest securities against the development of an appetite for strong drinks is the free use of fruits, and that you have in the grains and the fruits eaten, a thorough protection against the desire for any stimu-

* 'Drunkards and How to Cure them.' Tweedie.

lant. The body being in perfect health, the longing for strong drinks, to make good something lacking, does not exist. I have found it impossible to cure drunkards while I allowed them to use flesh meats. I regard the use of flesh as lying right across the way of restoration. Aside from its nutrition, it contains some element or substance which so excites the nervous system as in the long run to exhaust it, to wear out its tissue, and render it incapable of natural action. In this condition of the system come the reactions which are abnormal, and thence the paroxysm of craving for liquor, which is so strong as to overcome all moral restraint, obscure the judgment, enfeeble the will, and turn the man into a creature having powerful desires and thoroughly aroused passions, incapable of self-control. It seems a great pity that we go on, by reason of a bad system of dietetics, making our children into stimulant drinkers; making our young men dependent on stimulants, to end their career at last as drunkards, while it is so easy to prevent this, and even to recover those who have already fallen into this terrible debasement.'

This statement, coming as it does from the pen of one who has laboured in this particular field of human progress for so many years, is surely entitled to the thoughtful consideration of all who are striving to save humanity from the greatest curse that ever afflicted the human race. It is impossible to overrate the importance of the diet question. *What to eat* is of more consequence than the question of what we should drink, because, if the former is answered in conformity to Nature's laws, improper drinking habits would be an *impossibility*. 'Tell me what you eat, and I'll tell you what you are,' is a concise recognition of the fact that we are made up of what we eat. We shall never be on the high road to health and happiness so long as we regard eating as a *source of enjoyment* instead of a *means of nourishment*.

Nature has made eating a *necessity*—man has made it a *luxury*; and this one blunder has been productive of more evil than it is possible to estimate. But some will perhaps ask—'Are we then to abandon all idea of *enjoyment* in partaking of our daily food?' Oh, no; not by any means. Live upon the products of the vegetable kingdom, eat brown bread instead of white, and your condition will be one of *ease* instead of *disease*; in other words, you will be in *good health*. And what does that imply? Why, such harmonious action in all the functions of the body and faculties of the mind, that *every act of your life will impart pleasure*. You will not look forward to meal times as special occasions of enjoyment, for every hour, nay, every moment, will bring you happiness of a kind you never knew before. And you will realise for the first time that 'pleasure-seeking' is a vain pursuit that defeats its own ends; for if we live in obedience to nature's laws, pleasure will come in search of us, making us happy at all times and all seasons.

Let us renounce the 'food of the shambles,' and live upon the health-giving products of Nature, that greet us at every turn in such attractive profusion. Then will the fleshly temple of our immortal spirit be too pure to even tolerate—much less *desire*!—alcohol, tobacco, tea, coffee, or any other drug, and such a life of joy will dawn upon this new condition of existence, that those who live after the fashions and customs of the world little dream of. If teetotalism has done no more than save us from drunkenness, it has fulfilled but half its mission.

Of little use is our sobriety unless it awaken within us a desire to grow in the knowledge of all physiological truth, that our opportunities for usefulness may be increased, and that we may each year enjoy in a more precious sense a practical realisation of the fact, that those pleasures which are dearest and most enduring have but little to do with the transitory things of this world, and that the richest blessing temperance can bestow is not merely to shield us from the drunkard's fate, but to teach us so to live in other respects that the use of strong drink will be *impossible* to us, as it is to all who live upon man's natural food. During an experience of more than twenty years, we have never known a vegetarian who was not also a total abstainer. This significant fact speaks volumes in favour of vegetable diet as an aid to temperance.

Who will help on this great work of physical regeneration? Here is an opportunity for blessing our fellow-creatures that should enlist the sympathy and practical support of all who wish well to humanity. This is a question that it is the most suicidal folly to reject, for, inasmuch as all must eat, all should feel concerned to know what is *best* to eat;* moreover, it is a duty that each one owes to himself and to the community of which he is a member to see to it, that he lives in such a way that he may enjoy all the pure and unalloyed happiness of which his nature is susceptible, that the world may have the full benefit of all the health, strength, virtue, valour, and patriotism of which humanity, in its most exalted condition, is capable.—*Evan's Temperance Annual*, 1879.

MACARONI.

MACARONI may be classed with rice and maize as one of the cheapest of foods. Is it because of its very cheapness that it is not more used in this country? For fourpence one can buy a pound of macaroni, and one quarter of a pound fills a large pie-dish. Besides being nutritious, it is so bland and palatable when properly cooked as to find favour where some other foods might not so readily. It is made of the best parts of the best wheat. On the road from Naples to Vesuvius are hundreds of macaroni-makers. Perhaps some adventurous Italian may be induced to bring his machine to this country for turning out macaroni tubes, encouraged by the success of the late Mr. Gatti, who made a fortune here, after introducing that novel luxury known as the penny ice. There is a more commendable field open, when our insular prejudice is somewhat abated and a knowledge of foods and their properties more universal; for it is acknowledged that wheat, variously prepared, is the most suitable grain for our temperate climate, containing also, in its entirety as a grain (not to be found in white bread), silica and phosphates for bones, nitrogenous matter for muscles, and phosphorus for brains, in proportions exactly required. One way among others to prepare macaroni is to put a quarter of a pound of the large-sized macaroni in *boiling* water, with a teaspoonful of salt; simmer till it is quite tender, but not too soft. Pour off the water, place the macaroni in a basin or dish, add a little butter and one ounce of grated cheese, strew fine bread-crumbs thickly over the top. Bake before the fire, or in an oven, till nicely browned. According to Soyer, the time of boiling depends principally upon the quality, the Genoa macaroni taking the longest time and the Neapolitan the shortest. Soyer gives four different ways of cooking the same. Partly boiled in water, and partly in milk, with the addition of an egg or two, it makes a pudding both savoury and nutritious. Macaroni soup is also good. Perhaps the water in which lentils have been boiled, which has much the flavour of beef-tea, would make good stock for such a soup.

C. DELOLME.

* See 'The Diet Cure.' By Dr. Nichols. 1s., post free.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield*.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

IV.—HOW THE SHARES WERE PLACED.

(Continued from page 145.)

'Mr. Wilson's' letter of the 11th of September concluded as follows:

'Queen's Park Estate.'

'Up to the end of August there were 116 houses occupied by purchasing tenants, viz.: 76 of the fourth class, or five rooms, and 40 of the third class, or six rooms. There were also in hand 525 other houses, all of which are fast advancing towards completion.

'I have not sent you a copy of our last annual report and balance-sheet since that issued at the meeting in February. If you should contemplate increasing your holding, you would doubtless wish first to refresh your memory in reference to the valuations of our estates, and the financial condition of the Company. I therefore send you another copy.

'May I ask you to increase your holding? I can assure you of the unbroken continuity of our financial success. The stability of the Company is more evident daily.'

On October 30th 'Mr. Wilson' wrote as follows:

'Referring to my recent letter, the balance of shares of the second issue has been allotted. The first half million is now entirely subscribed for, and we are issuing the third quarter of a million.

'If you wish to increase your holding, please fill up the enclosed form, and return it.'

On March 5th, 1877, two days after the meeting at which Mr. Pearce indicated that something was seriously wrong with the Company, 'Mr. Wilson,' who attended the meeting, wrote:

'The annual meeting was held at the Westminster Palace Hotel on Saturday, when it was decided to pay a dividend of six per cent. for the year ending December 31, 1876.

'You will receive your dividend warrant immediately.

'You will see from the accompanying report that 800 houses have been built during the past year, and that over £70,000 worth of property has been purchased by the residents on the Company's estates.

'In estimating our financial position, it is of the first importance to remember that there is a wide margin available for increasing the rents, and it is quite certain that an appreciable additional charge would not make the slightest difference in the eager demand for the houses. So that the advanced prices in building can be more than counter-balanced, and this, too, without unduly affecting our tenants.

'The rate of mortality still continues so low as 13 in the 1000, as against the average rate of 25 in the 1000.

'If you wish to increase your holding, have the goodness to fill up the enclosed form, and to return it in the accompanying cover.'

On March 15th 'Mr. Wilson' wrote:

'In order to strengthen the board, William Botley, Esq., a gentleman who has had considerable experience in model cottage building on his own Salisbury estate, has just been elected a director.

'He holds 150 shares (£1,500), and has read papers before the British Association on our question.'

On April 28th 'Mr. Wilson' wrote :

'I have much pleasure in informing you that our subscribed capital at length reaches £600,000, and I enclose a new share list. When I remind you that we have received £100,000 in new share capital since October. I think we may regard our financial position as very satisfactory.

'In considering whether you would like to increase your investment, it is important to reflect upon the exact position of the Company's affairs, and I therefore enclose a copy of the balance sheet and report, which shows that after paying six per cent. for the past year, we have carried £2,451 7s. 8d. to the reserve fund.

'I have to communicate to you the fact that we have, in response to the feeling expressed at the annual meeting, sensibly increased the rentals upon our London estates, which, without unduly affecting the interests of the tenants, will materially improve the monetary prospects of the shareholders.

'If you wish to increase your holding, kindly fill up the enclosed form and return it to me.'

The above letters abundantly show : (1) that many of the statements made by the agents were not warranted by the reports of the directors; (2) that the letters were written as from managers, and not as from agents; (3) that very reckless assertions were made as to share capital subscribed, the condition of building operations, and the general prospects of the Company; (4) that these gentlemen were very active in urging existing shareholders to increase their holdings, as they were also in making applications to outsiders to become shareholders.

There can be no doubt but that the 'onerous labours' of the Messrs. Martin were well remunerated, as, from first to last, no less a sum than £19,501 was paid in commission alone on placing shares; while the fact that in 1874 and 1875 they received £10,425 for their services, shows that they were exceedingly well paid during those years.

(To be continued.)

WILLIAM COBBETT ON IMMORAL SOURCES OF REVENUE.

July 13th, 1822.—LOTTERY BILL.—Mr. Hume stated that the tickets were sold by the government at ten pounds, and that the contractors sold them for nineteen or twenty. He wanted a new regulation as to lottery offices. This was not attended to; but surely here is enough to convince anybody what folly it is to purchase tickets in the lottery. As to the immorality of the thing, it is in vain to talk of that; for with taxes like ours, and revenue laws like ours, to talk of morality is a farce.—*Collective Commentaries.*

'BOSH,' OR ADULTERATED BUTTER.—At the Kensington Vestry Hall, on Monday, the 7th inst., before the Hon. E. C. Curzon and a full bench of magistrates, Edmund Gascoigne, of 14, St. Mark's Road, Brompton, general dealer, was charged with selling adulterated matter, calling it butter.—The inspector stated that he saw a large placard in defendant's window, 'Butter, 1s. per lb.' 'Try our butter, bacon, and eggs.' He went into the shop and saw defendant's wife. He asked for a pound of butter, and paid 1s. for it. He then told her who he was, and that he should submit it to Mr. Cleaver, the parish analyst, at the same time cutting it in half. Mr. Cleaver's certificate was then handed in, showing that the supposed butter contained 80 per cent. of common fat.—The defendant said it could not be supposed that pure butter could be sold at 1s. per pound. To compete with his neighbours he was obliged to sell something at that price, and his wife did not call it butter, but merely said it was good for cooking purposes. He sometimes had good butter from Dorsetshire, which he sold at the ordinary retail price. In answer to the magistrates, he said that they called the article 'yellow' to their customers, but it was known in the trade by the name of 'bosh,' and all shops where cheap butter was sold had it. His wife told the inspector that this was not butter. He was fined 40s. and costs, in addition to the fee of 10s. 6d. charged by the analyst.

AN OLD MAN'S IDYL.

BY RICHARD REALFF.

By the waters of life we sat together
Hand in hand in the golden days
Of the beautiful early summer weather,
When hours were anthems, and speech was praise;
When the heart kept time to the choral of birds,
And the birds kept time to the songs that ran
Through shimmer of flowers on grassy swards
And trees with voices Æolian.

By the rivers of life we walked together,
I and my darling, unafraid;
And lighter than any linnet's feather
The burden of being on us weighed;
And love's sweet miracles o'er us threw
Mantles of joy outlasting time;
And up from the rosy morrows grew
A sound that seemed like a marriage chime.

In the garden of life we roamed together,
And the luscious apples were ripe and red,
And the languid lilac and honeyed heather
Swooned with the fragrance which they shed,
And under the trees the angels walked,
And up in the air a sense of wings
Awed us sacredly while we talked
Softly in tender communings.

In the meadows of life we strayed together
Watching the waving harvest grow;
And under the benison of the Father,
Our hearts like the lambs skipped to and fro;
And the cowslips, hearing our low replies,
Brodered fairer the emerald banks;
And the glad tears shone in the daisies' eyes,
And the timid violet glistened thanks.

Who was with us and what was round us,
Neither myself nor my darling guessed;
Only we knew that something crowned us
Out from the heavens with crowns of rest;
Only we knew that something bright
Lingered lovingly where we stood,
Clothed with the incandescent light
Of something higher than humanhood.

Oh, the riches love doth inherit!
Oh, the alchemy which doth change
Dross of body and dregs of spirit
Into sanctities rare and strange!
My flesh is feeble, and dry, and old,
My darling's beautiful hair is grey;
But our elixir and precious gold
Laugh at the footsteps of decay.

Harms of the world have come upon us,
Cups of sorrows we yet shall drain;
But we have a secret which doth show us
Wonderful rainbows through the rain,
And we hear the tread of the years go by,
And the sun is setting behind the hills,
But my darling does not fear to die,
And I am happy in what God wills.

So we sit by our household fires together,
Dreaming the dreams of long ago;
Then it was balmy summer weather,
And now the valleys are laid in snow;
Icicles hang from the slippery eaves,
The wind grows cold—it is growing late.
Well, well, we have garnered all our sheaves
I and my darling—and we wait.

American Paper.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

DOMESTIC ECONOMY CONGRESS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Many of your readers will be glad to learn there is every probability of the above Congress being held this year in London, about the end of May, in the Society of Arts' rooms. Those who would wish to take part at it should make early application for further details. At present, I may say, and with strict truth, it is almost the universal rule in all 'domestic' homes to study little or no wise 'economy,' or health either, in eating. Almost everyone either prefers or does fool away his or her money in secondhand, unnatural, inferior, stimulating, thirst-creating, and expensive butchers' meat, when a far superior and more natural food, our scientists constantly inform us, can very readily be had for one fourth the cost of butchers' meat.

X.

THE METROPOLIS MANAGEMENT AND BUILDING ACTS AMENDMENT ACT, 1878.

ON Monday the 7th an important deputation from the Metropolitan and Suburban Builders' Association had an interview with Mr. Cross at the Home Office, on the subject of bye-laws under this measure.

The deputation submitted that the bye-laws passed under the Act by the Metropolitan Board of Works were in many ways so objectionable and impracticable, and likely, if passed into law, to be so seriously detrimental to the public good, that they ought not to receive confirmation. They then urged alterations in Clauses 1 and 2 as to foundations and sites of buildings as not being sufficiently definite for the purposes of the Act. They proposed a great many other things, and complained that the bye-laws as laid down by the Metropolitan Board of Works were of the most unjust character. They declared that they would compel all builders to use such material in the construction of houses as would render it impossible for any more working-men's dwellings to be built. And in the matter of the ballast, sand, mortar, foundations of houses, and quality of bricks, they asserted they would be most seriously affected in their business. In conclusion they hoped Mr. Cross would return the bye-laws to the Metropolitan Board of Works with a vote that in their present condition they were wholly unacceptable.

Mr. CROSS, in reply, said the Metropolitan Board of Works had prepared the bye-laws in the exercise of their discretion for his consideration. They had the power to do so for the purpose of securing the health and the safety of the people. Whether the objections they had raised to the bye-laws, that they were too stringent for the purposes which the bye-laws were designed to meet, was a question to which he would give his consideration. More than that at present he could not promise.

THE ATTEMPT TO SET UP PUBLIC-HOUSES NEAR THE QUEEN'S PARK ESTATE.

WE are glad to be able to state that the effort to get licences for premises near to the Queen's Park Estate has failed. This has been owing to the activity of residents on the estate in memorialising the Middlesex magistrates against the licences being granted. As we stated in previous issues, the active workers can ill afford to supply the necessary funds for legal assistance, in addition to their time and labour freely given in promoting the memorial. We have pleasure in announcing the following donations towards these expenses, and hope the list will be still further augmented, so that we may be able to hand over to the committee (of which the resident clergyman, the Rev. Sydney Bott, is the chairman), such an amount from the readers of *House and Home* as will cover the expenses incurred:

	£	s.	d.
Samuel Morley, Esq. M.P.	2	2	0
Rev. H. V. Le Bas, M.A.	0	10	0
R. E. Farrant, Esq.	0	10	0
T. Wilson, Esq.	0	5	0
Miss Archer	0	3	0

WORDS OF CHEER.

WE have received numerous letters of approval and encouragement from readers of our first number. Some valuable suggestions, too, have been made which will engage our attention.

One of the warmest friends of the improved dwellings movement, a gentleman who has largely devoted both time and money in its promotion, writes—

'I have your first number of *House and Home*, and I wish every success to your labour. Your publication comes out most opportunely.'

Another gentleman writes—

'Your No. 1. to hand, and its get-up and contents are equally creditable to your taste and judgment.'

A third writes—

'A more useful paper I never saw; it does great credit to everyone connected with it. Please send me 50 copies each of Nos. 1, 2, and 3, and I will send them out to Free Libraries.'

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

THE PLEASURES OF HOME.

Welcome, sweet home! to thee with feelings warm,
Once more I turn, and own thy every charm;
Ah! why round thee can simple things delight,
And o'er the heart display the wizard's might?
When far away, by Destiny's stern blast,
In other scenes our changeful lot is cast,
Why, like the needle trembling to the pole,
To thee with fond affection turns the soul,
And rolls, as streams to ocean's breast are brought,
The silent current of creative thought?
Whence is this power? Where can the enchantment lie?
'Tis here, at home, life's happiest moments fly.
There, loved by those we love, the mind at ease,
Each innocent endearment tends to please,
And throws bright rays of cheerfulness around,
As April's sunshine glads the fertile ground.
There, 'mid the near relationships of life,
With parents, brothers, sisters, friends, or wife,
Where humble virtues gild the passing day,
And petty strifes to sober sense give way,
We feel the sweetness of those kind regards
Indifference scorns and apathy discards,
Which spring spontaneous from the guileless heart,
And make us loath with thee, dear home! to part.

HENRY HEAVISIDES.

'DO NOT SAY I AM DEAD.'*

On that wonderful day
When I am still on the bed,
Smile thro' your weeping and say:
Gone by the upland way!—
Do not say I am dead.
Say I am done with the flowers,
Bloom no sooner than shred
Under the trampling hours;
Tell of the windless bowers;
Do not say I am dead.
Say I am freed from the fires
Heated seven times red,
Heart that vainly aspires,
Hunger of blind desires;
Do not say I am dead.
Speak of that life in the Host
Fresh from its Fountain and Head;
Say: 'Tis the dying is past!
Say: He is living at last!
Do not say I am dead.

Wade Robinson.

* *Loveland; and other Poems*, London: Longman & Co.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

'I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth*.

Several men of science have died in a scientific manner. Haller, the poet, philosopher, and physician, beheld his end approach with the utmost composure. He kept feeling his pulse to the last moment, and when he found that life was almost gone, he turned to his brother physician, observing, 'My friend, the artery ceases to beat,' and almost instantly expired. The same remarkable circumstance had occurred to the great Harvey; he kept making observations on the state of his pulse when life was drawing to its close, 'as if,' says Dr. Wilson, in the oration spoken a few days after the event, 'that he who had taught us the beginning of life, might himself, at his departing from it, become acquainted with those of death.'—*D'Israeli, Curiosities of Literature*.

They tell us of an Indian tree,
Which, howsoever the sun and sky
May tempt its boughs to wander free,
And shoot, and blossom, wide and high,
Far better loves to bend its arms
Downward again to that dear earth,
From which the life that fills and warms
Its grateful being first had birth.
'Tis thus, though woo'd by flattering friends,
And fed with fame (if fame it be),
This heart, my own dear mother, bends
With love's true instinct, back to thee!

Tom Moore.

They that cry down moral honesty cry down that which is a great part of religion—my duty towards God and my duty towards man. What care I to see a man run after a sermon, if he cozen and cheat as soon as he comes home! On the other side, morality must not be without religion, for if so, it may change as I see convenience. Religion must govern it. He that has not religion to govern his morality, is not a drachm better than my mastiff dog; so long as you stroke him and please him, and do not pinch him, he will play with you as finely as may be, he is a very good moral mastiff; but if you hurt him, he will fly in your face and tear out your throat.—*Selden, Table Talk*.

All to whom want is terrible, upon whatever principle, ought to think themselves obliged to learn the sage maxims of our parsimonious ancestors, and attain the salutary arts of contracting expense; for without economy none can be rich, and with it few can be poor. The mere power of saving what is already in our hands must be of easy acquisition to every mind; and as the example of Lord Bacon may show that the highest intellect cannot safely neglect it, a thousand instances every day prove that the humblest may practise it with success.—*Rambler*.

Though sometimes small evils, like invisible insects, inflict pain, and a single hair may stop a vast machine, yet the chief secret of comfort lies in not suffering trifles to vex one, and in prudently cultivating an undergrowth of small pleasures, since very few great ones, alas! are let on long leases.—*Sharp's Essays*.

Do not be over-fond of anything, or consider that for your interest, which makes you break your word, quit your modesty, or inclines you to any practice which will not bear the light or look the world in the face.—*M. Antoninus*.

Contemn no man, nor wilfully insult any, however high your station may be above him; for we are all but fellow servants here below, with different means and employments assigned to us; and we know not how our Grand Master will brook insolences in his family.—*Owen Feltham*.

Children should always be heard, and fairly and kindly answered, when they ask after anything they would know, and desire to be informed about. Curiosity should be as carefully cherished in children as other appetites suppressed.—*Locke*.

When Noah planted the first vine, and retired, Satan approached and said—'I will nourish you, charming plant!' He quickly fetched three animals—a sheep, a lion, and hog—and killed them, one after another, near the vine. The virtues of the blood of these three animals penetrated it, and are still manifest in its growth. When a man drinks one goblet of wine, he is then agreeable, gentle, friendly—that is the nature of the lamb. When he drinks two, he is like a lion, and says, 'Who is like me?'—he then talks of stupendous things. When he drinks more, his senses forsake him; and, at length, he wallows in the mire. Need it be said, that he then resembles the hog?—*Richardson*.

Nature ne'er could find the way
Into the heart of Peter Bell.
In vain, through every changeable year,
Did Nature lead him as before;
A primrose by a river's brim,
A yellow primrose was to him,
And it was nothing more.'

Wordsworth.

Persons lightly dipped, not grained in generous honesty, are but pale in goodness, and faint-hued in sincerity; but be thou what thou virtuously art, and let not the ocean wash away thy tincture. Stand magnetically upon the axis where prudent simplicity hath fixed thee, and at no temptation invert the poles of thy honesty; and that vice may be uneasy, and even monstrous unto thee, let iterated acts and long-confirmed habits make virtue natural, or a second nature in thee. And since few or none prove eminently virtuous but from some advantageous foundations in their temper and natural inclinations, study thyself betimes, and early find what nature bids thee to be, or tells thee what thou may'st be. They who thus timely descend into themselves, cultivating the good seeds which nature hath set in them, and improving their prevalent inclinations to perfection, become not shrubs, but cedars in their generation; and to be in the form of the best of the bad, or the worst of the good, will be no satisfaction unto them.—*Sir Thomas Brown*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

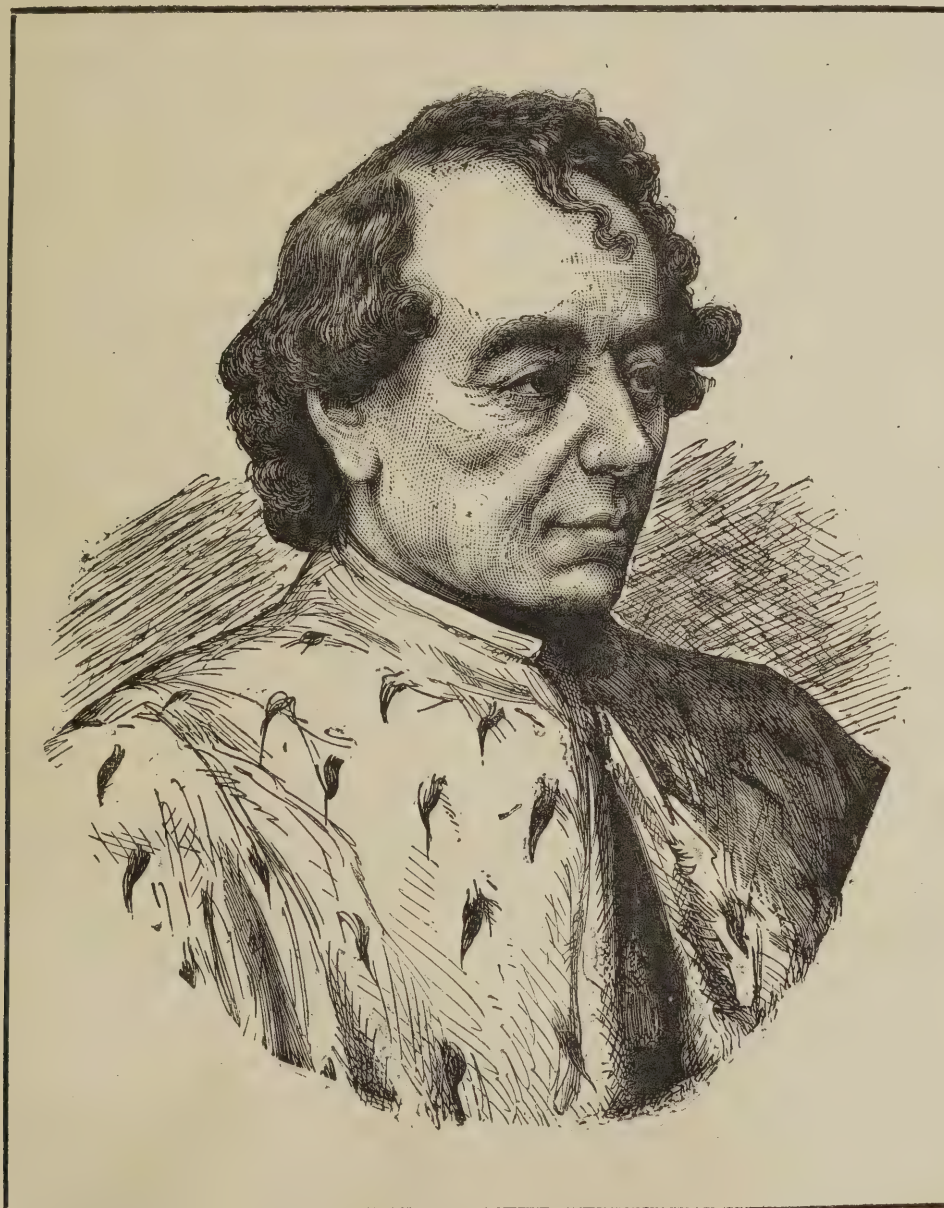
Edited by JOHN PEARCE.

No. 14, Vol. I.]

SATURDAY, APRIL 26TH, 1879.

PRICE ONE PENNY.

REGISTERED FOR TRANSMISSION ABROAD.



EARL BEACONSFIELD.

JOURNAL

HOUSE CONSTRUCTION
BUILDING SOCIETIES:
"A. J. C. & W. A."

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: APRIL 26th, 1879.

CONTENTS.

	PAGE
THE EARL OF BEACONSFIELD, K.G.	163
PORRIDGE	164
A NEW SOURCE OF MEAT SUPPLY!	164
MEMORIAL TO THE NATIONAL TRAINING SCHOOL FOR COOKERY	165
ADULTERATED RICE MEAL	165
ON THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACHING OF SANITARY SCIENCE, BY JOSEPH J. POPE, M.R.C.S., L.A.C.	166
THE NATIONAL HEALTH SOCIETY.—THE PHYSIOLOGY OF RECREATION, BY MR. G. ROMANES, M.A.	166
THE NEW PRESIDENT OF THE UNITED KINGDOM ALLIANCE	167
THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED	168
CURRENT OPINIONS AND EVENTS	170
LONDON SHOP-GIRLS	171
Lines on a Printing Office	171
THE HOUSEWIFE'S CORNER	171
GEMS OF THOUGHT	172

THE EARL OF BEACONSFIELD, K.G.

'I HAVE begun, several times, many things, and have often succeeded at last. I shall sit down now; but the time will come when you will hear me.'

With these remarkable words Mr. Disraeli concluded his maiden speech in the House of Commons in 1837. That they have been verified beyond the expectation of the speaker there can be no doubt. The Houses of Parliament, the country, and the world at large have listened to him, and he has exercised a mighty influence upon public affairs; but whether for good or evil, not being a political paper, we will not venture to pronounce. Any man occupying the proud position he at present fills will of necessity have both friends and enemies. This result is inseparable from the nature of the case; and in forming an opinion on such a matter, unfortunately, predilection for this or for that political party is generally the determining cause. It is to be regretted that this is so much the case, since it stands in the way of the formation of a correct judgment upon the motives, character, and work of a party leader.

Benjamin Disraeli, the eldest son of the late Isaac Disraeli, of Bradenham House, Buckinghamshire, author of the 'Curiosities of Literature,' and other erudite works, was born in London on the 21st of December, 1804. His early years were passed in the quiet seclusion of beech-crowned Bradenham, and his studies were under the direction of his father. As he states in the preface to his novels, published in 'Lothair' (1870), he was 'born in a library, and trained from early childhood by learned men who did not share in the passions and the prejudices of our political and social life.' Very early in life he had the advantage of meeting, amongst his father's friends, with the most distinguished literary men of the time, and this, without doubt, had a great influence on his future life.

In 1826 he surprised the literary world by the publication of 'Vivian Grey,' which was followed by other brilliant works of fiction, and these would have made their author famous, even if he had never

entered the arena of political life. These works were written with a purpose which has been stated by their noble author in the preface referred to above. Lord Beaconsfield there says:

'Coningsby,' 'Sybil,' and 'Tancred,' form a real trilogy; that is to say, they treat of the same subject, and endeavour to complete that treatment. The origin and character of our political parties, their influence on the condition of the people of this country, some picture of the moral and physical condition of that people, and some intimation of the means by which it might be elevated and improved, were themes which had long engaged my meditation. . . . In 'Coningsby' the origin and condition of political parties was completely handled. . . . In 'Sybil' I considered the condition of the people. At that time (1845) the Chartist agitation was still fresh in the public memory, and its repetition was far from improbable. . . . As an accurate and never exaggerated picture of a remarkable period of our domestic history, and of a popular organisation which in its extent and completeness has perhaps never been equalled, the pages of 'Sybil' may, I venture to believe, be consulted with confidence. . . . It seemed to me that the time had arrived when it became my duty to ascend to the origin of that great ecclesiastical corporation [the Church], and consider the position of the descendants of that race who had been the founders of Christianity, . . . and in 'Tancred, or the New Crusade,' I completed the third portion of the trilogy. . . . I had been in Parliament seven years when this trilogy was published, and during that period I had not written anything; but in 1837, the year I entered the House of Commons, I had published two works, 'Henrietta Temple' and 'Venetia.' These are not political works, but they commemorate feelings more enduring than public passions. . . . In 1852 I had published 'Contarini Fleming' and 'Alroy.' I had returned from two years of travel in the Mediterranean regions, and I published 'Contarini Fleming' anonymously, and in the midst of a revolution. It was almost still-born, and, having written it with deep thought and feeling, I was naturally discouraged from further effort. Yet the youthful writer who may, like me, be inclined to despair, may learn also, from my example, not to be precipitate in his resolves. Gradually 'Contarini Fleming' found sympathising readers. Goethe and Beckford were impelled to communicate their unsolicited opinions of this work to its anonymous author; and I have seen a criticism on it by Heine of which any writer might be proud. Yet all this does not prevent me from being conscious that it would have been better if a subject so essentially psychological had been treated at a more mature period of life.'

In 1831 he contested the borough of High Wycombe, situate about four miles from Bradenham, where his father resided, and was only defeated by a narrow majority. In 1837 he entered the House of Commons as the colleague of Mr. Wyndham Lewis in the representation of Maidstone, which constituency he exchanged, in 1841, for Shrewsbury. In 1847 he was returned for the county of Buckingham, and he continued to represent that constituency until elevated to the peerage, August 16th, 1876.

The general election in 1874 resulting in the return of a large majority of Conservative members, Mr. Disraeli was called upon to form a cabinet, and he has since held office as First Lord of the Treasury. His policy on the Eastern question has been severely criticised. He went to Berlin as one of the plenipotentiaries of Great Britain, at the earnest solicitation of Lord Salisbury, who felt that the Prime Minister, 'speaking as he alone was able to do, with the full mandate of the English people, would produce an effect on the negotiations and the actions of the Powers such as no other man could have produced.' The Congress held its first sitting July 13th, 1878, and Lords Beaconsfield and Salisbury returned to London on the 16th; the former announcing to the crowds awaiting his reception at Charing Cross, that they had been enabled to bring back 'peace with honour.'

On July 22nd Lord Beaconsfield was invested by the Queen with the Order of the Garter, and on August 2nd the freedom of the City of London was presented to him and his colleague, who were afterwards entertained at a grand banquet at the Mansion House.

Lord Beaconsfield is the author of many works besides his novels, including 'A Vindication of the English Constitution,' and a 'Biography of Lord George Bentinck.' An early poetical work, entitled a 'Revolutionary Epic,' was republished in 1864. He has for years taken an interest in sanitary questions, and especially in the improvement of workmen's cottages, regarding which he is of opinion that a labourer's home cannot be called complete if without 'a porch, an oven, and a tank.'

He has publicly assisted in promoting the Improved Dwellings' movement by his presence at the opening of the Shaftesbury Park Estate, and the buildings of the Victoria Dwellings Company.

We can only express the hope that during the remainder of the administration of the Government of which he is the head sanitary legislation will be still further improved and perfected, and that the Artizans' Dwellings Act will be so amended as to ensure the wise and beneficent intentions of Parliament being made operative by its practical application in the erection of dwellings replete with all requisite sanitary arrangements, whenever such accommodation is demanded in the interest of the public health.

In conclusion, we give Lord Beaconsfield's own weighty words upon the importance of sanitary reform, spoken in the Free Trade Hall, Manchester, April 3rd, 1872:

'In attempting to legislate upon social matters, the great object is to be practical—to have before us some distinct aims, and some distinct means by which those aims can be accomplished. I think public attention, as regards these matters, ought to be concentrated upon sanitary legislation. That is a wide subject, and, if properly treated, comprises almost every consideration which has a just claim upon legislative interference. Pure air, pure water, the inspection of unhealthy habitations, the adulteration of food, these and many kindred matters may be legitimately dealt with by the Legislature; and I am bound to say the Legislature is not altogether idle upon them. Gentlemen, I cannot impress upon you too strongly my conviction of the importance of the Legislature and society uniting together in favour of these results. A great scholar and a great wit three hundred years ago said that, in his opinion, there was a mistake in the Vulgate, which, as you all know, is the Latin translation of the Holy Scriptures, and that, instead of saying "Vanity of vanities, all is vanity"—*Vanitas vanitatum, omnia vanitas*—the wise and witty king really said, *Sanitas sanitatum, omnia sanitas*. It is impossible to overrate the importance of the subject. After all, the first consideration of a minister should be the health of the people. A land may be covered with historic trophies, with museums of science and galleries of art, with Universities and with libraries; the people may be civilised and ingenious; the country may be even famous in the annals and action of the world; but, gentlemen, if the population every ten years decreases, and the stature of the race every ten years diminishes, the history of that country will soon be the history of the past.'



DIETETICS.

PORRIDGE.

THE merits of oatmeal porridge as an article of diet have been so ably dwelt upon in a former number of this journal by Dr. Macdonald, that we only venture to supplement the same by a few suggestions which are likely to prove interesting. Porridge may be made of most grains—such as lentil meal, maize, or beans; for bean porridge is a favourite repast of North Ameri-

can lumbermen. Wheat and oats, however, are the grains recommended to constitute a nutritive and satisfying repast at breakfast or supper; the cost of which ought not much to exceed a penny for each meal. The dyspeptic should select the purest and best kinds of food. The type of solid food is wheat, rather coarsely ground, and unbolted—the hearty, healthy, whole meal of our ancestors, who ate it, much more than we do, in its natural condition. They soaked and boiled the whole grains until they burst and ate them as '*frumenty*' or '*fermity*.' They mashed the wheat between two stones, or pounded it in a mortar, and boiled it in porridge, or baked it in cakes; and either way it was a perfect food. Oatmeal porridge is an excellent and very nutritious food, and may be alternated or mixed with the wheat at pleasure.

Oats likewise contain more of the heat-forming principle than wheat, as also silica for bones. The dearest breakfast is one composed of white bread; that is, of wheat from which the best and most nutritious elements have been subtracted; bacon, mere globules of fat, a rasher of which, when dried, can almost be blown away; and coffee or tea infusions, containing no nutriment whatever beyond the very small amount in the sugar or milk.

Thousands of hardy Scotch have subsisted on oatmeal, and in former days the Scottish student who carried his sack of meal to college studied just as hard as his English confrère on steaks and chops.

To make good oat or wheatmeal porridge: Into half a pint of boiling water, slightly salted, carefully kept boiling, sift from the left hand, stirring with the right, two large tablespoonfuls of coarse oatmeal, or crushed wheatmeal; boil gently about twenty minutes, always stirring. When done, pour into a soup-plate, and let it stand five minutes. It should then be thick, so that a spoon could remain upright in it. Eat with cold or hot milk, sugar, stewed fruit, or treacle in moderation. It may even be prepared overnight, with the admixture of hot milk in the morning.

Double-bottom saucepans are to be obtained, obviating the trouble of stirring. Be only sure that the water is boiling first, before sifting in the oat or wheatmeal.

To the labouring or artisan class porridge commends itself on account of its cheapness, the readiness and economy with which it can be cooked; and while it is easily digested, it contains elements that go to form bone and muscle. It finally commends itself to literary men, and all workers who earn their bread by the sweat of their brains.

C. DELOLME.



A NEW SOURCE OF MEAT SUPPLY!

WE have heard of the use of frogs as food in France, and dogs in China; but we are scarcely prepared for the news that in England rats are regarded as being excellent, if not delicious food. However, at last, the rat has his advocate; and why should he not?

On Saturday afternoon, the 12th instant, the Rev. J. G. Wood, M.A., delivered the first of a series of lectures on Natural Science in Dr. Channing Pearce's Geological Museum, Brixton-rise. Having, in the course of his lecture, to allude to the hedgehog and the squirrel, Mr. Wood observed that it was well-

known that these animals, when dead and properly cooked, formed excellent articles for human food. Few people were, however, aware that, when similarly treated, the flesh of a rat had a finer flavour, and was altogether a greater delicacy than either of them. There was literally nothing of which he (the lecturer) was so fond as a rat-pie. This was a dish which frequently made its appearance on his table, and was enjoyed by all the members of his family. He had several friends, too, who, like himself, had overcome their prejudice, and thoroughly enjoyed a good helping of rat pie. He remembered one most interesting case of a whole family, except the parents, who were extremely fond of this dish. They were in very good circumstances, owning large grain stores on the Medway. Their residence was close by, and rats abounded in the neighbourhood. It was always their custom when their parents were out to have their great treat. This being the case, on one occasion dinner-time came, and everybody was ready for the repast, which consisted of a pie containing sixteen large rats, when a knock at the door was heard, and in a few minutes grandmamma, accompanied by two young ladies, was announced. Except their savoury pie, the young people had nothing in the house to offer their unexpected guests for dinner; and, what was still more inconvenient, being some distance from a market, nothing could conveniently be procured. Undaunted, however, the eldest son, who presided at the head of the table, invited the visitors to sit down to dinner, and, addressing his grandmamma, asked whether he should help her to some gull pie. The old lady expressed her astonishment at the idea of their having such a dish for dinner, but at last consented, as did also the young ladies, to take a small piece. This was followed by larger helpings, and, like the rest of the diners, the old lady made a hearty meal. Having come some distance, grandmamma stopped the night, and next morning, at the breakfast-table, to the great amusement of the children, expressed a wish to have some of the gull pie which she had enjoyed so much on the previous day. Inquiries being made below stairs, it was found that the servants had devoured the fragments. The young lady visitors, too, it was said, were afterwards constantly asking their gentlemen friends, in the season, to bring them some gulls, so that they might try their hands at making the delicious pie.

On Saturday last the Rev. J. G. Wood delivered the second of his course of lectures on Natural History at Dr. Channing Pearce's Geological Museum, Brixton-rise. The lecturer observed that as his last lecture treated of hibernation, or the means by which animals lived without food, so he intended on this occasion to speak of migration, which was the method resorted to by birds, whose supply had failed, to get food elsewhere. But before proceeding with his subject he would like to state to his hearers that during the week he had received over a thousand letters, some asking him whether he actually said what was reported in the papers, and others inquiring how rat pie was made. To the first query he would answer, 'Most certainly true;' and to the second, as he could not answer his numerous correspondents individually, he would satisfy himself by telling his hearers. Rat pie was made in precisely the same manner as rabbit pie, the only difference being that in the case of the rat pie the result was far more delicious. The cook should be careful to procure as fine rats as possible, cut off

their tails, skin, dress, and wash them; then cut them into four pieces, and add a few morsels of pork fat. When cooked and cold, the pie was full of the most delicious jelly. He had often been dining with his friends when they had the most delicious viands on the table untouched, while every scrap of the rat pie had been devoured.

MEMORIAL TO THE NATIONAL TRAINING SCHOOL FOR COOKERY.

THE following memorial was recently addressed to the National Training School for Cookery by the Food Reform Society:

'In view of the prevailing distress, which has settled like a blight over so many portions of the country, necessitating a return to a more economic and thrifty style of living, and encouraged by the able report issued by a Committee of the House of Peers, wherein the said committee strongly advocate, in that portion of their report, referring to the diet in prisons, not only the great economical advantages, but also superior nutritive healthy value of a farinaceous diet over one of flesh, the Food Reform Society ventures to suggest to the Executive of the National Training School for Cookery the immediate formation of a popular series of classes, within the reach of the poorest portions of society, illustrative of the various simple modes of preparing truly wholesome and economic dishes, and thus at least endeavouring to remove one great cause of the present distress, a waste of means, a waste which justly attaches even to those of moderate education, who are still superstitiously credulous as to there being no food of such value as beef and mutton, which all our eminent scientists maintain to be at best but secondhand food, consisting of about three parts dirty water, and which, associated with bone and fat, as sold at the shambles, proves itself to be not only a very expensive but an impure and stimulating food, provoking an appetite for strong drinks.'

ADULTERATED RICE MEAL.

THE health authorities of Liverpool made an adjourned application to the magistrates on the 9th inst. for the destruction of the cargo of 1,007 bags of rice meal, which on analysis had been found to contain 40 per cent. of ground marble or granite. For the consignees it was stated that the substance was never intended for human food, but for sizing and for feeding pigs. Mr. Melly, one of the presiding magistrates, said that Messrs. Ehrensberger and Eckenstein, the consignees, stood too high in the commercial world for their statement to be discredited, but the cargo had been misdescribed as 'rice meal,' and if it got through a public sale into the market, it might be used for purposes injurious to health. It was necessary to make the order for the destruction of the cargo; but it was, after some discussion, decided to delay execution of the order for a fortnight, in order to give the consignees an opportunity of utilising the cargo otherwise than as human food.

At the meeting of the Liverpool Health Committee on the 10th inst., Mr. Jevons attended on behalf of Messrs. Pastorino and Co., of Genoa, consignors of the condemned 'rice meal' cargo, and introduced Mr. Thomas, solicitor, of London, who had been requested by the Genoese firm to make an explanation. He said that Messrs. Pastorino and Co. were bankers and merchants of high position in Italy. They declared that the rice meal was not adulterated, but was in the natural condition after cleaning on the Italian principle. They had no use for it in Italy, and it was shipped to this country for manure and pig-feeding. It could not be used as human food, and was not intended for this purpose. Messrs. Pastorino wished to be allowed to take charge of the material and have it mixed with soot, and so destroy it that it could not be used for any other purpose than that of

manure. It was sold for about half more than the cost of the freight. If the Corporation were going to seize and destroy everything which might be used for human food, they would have to seize everything that came into the port. The chairman said that 800 bags of the meal had been mixed with town refuse, and the committee would not object to Messrs. Pastorino taking charge of it. It was decided that the firm should be allowed to remove the material under the inspection of the health officers.



HYGIENE.

THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACHING OF SANITARY SCIENCE.

(A Paper read before the Society of Arts, on March 5th, 1879;
DR. B. W. RICHARDSON in the chair.)

By JOSEPH J. POPE, M.R.C.S., L.A.C.,
Staff-Surgeon (half-pay), Professor of Hygiene to the Birkbeck Institution.
(Continued from page 154.)

In the simplest matters of fresh air and sanitary cleanliness we can find wilful neglect. Walk along our streets and squares in the West-end of London and see how many windows are open, and how many will open at the top. Let us go into the mansion, and shall we not find the stuffy close smell of an ill-ventilated house; some rooms shut up, and deprived of air and light because not immediately in use; a thick carpet on the bedroom floor carefully tacked down, and perhaps even extending under the massive bedstead itself; the carpets loaded with dust and organic impurities, and the bed surrounded with massive cornice and heavy curtains, certain obstacles to fresh air, and undoubted receptacles for further injurious materials?

Then, have we not the lumber-room and understairs cupboard, full of incongruities, kept hidden away, to fester and ferment? How often shall we find the children in close nurseries and bedrooms, fashionably, but dangerously clad, and yet further exposed to evils from gaslight and stove, and the artificial education thought to be necessary for their social position! Sanitary maxims are, in many parts of England, as much strangers in the drawing-room as in the cottage.

Now, another important point upon which we find much ignorance, and often most reprehensible carelessness, is that of the prevention of the spreading of infectious disease.

During the past year I have met with some striking instances. I was lecturing at Bristol upon sanitary matters, when the following case occurred. The gardener of the gentleman with whom I was staying reported that his children had measles, and that he had discovered the cause to be the children of a charwoman living near him who were suffering from this infectious disease. He said: 'I told her she ought to keep her children at home and by themselves; but she replied, "Oh! dear me, why? If it was known they had anything catching, I should lose my work, and I really didn't know it was measles, that I didn't! I thought it was only scarlet-fever!"'

I was in a barber's shop last month, and hearing a little boy cough, so as at once to tell me he was suffering from whooping-cough, I remarked so to his father. 'Oh, yes,' said he, 'they are all getting it at school.' I found he and his sister were going to a neighbouring board school, and had done so all

through the attack. How many lives were put in jeopardy through the careless ignorance of that barber and his wife, and, I fear, the culpable indifference of those school authorities! I think there is no stronger claim for teaching sanitary science than the fact, that it is only by the universal instruction of the people we can hope for the adoption of measures of precaution to ward off disease, and at once check its progress if it makes its appearance. And why shall we wait for another generation to obtain these benefits? We have a goodly audience always around us. It is no use to abuse existing conditions without offering some suggestions for their improvement, and it is certainly necessary to open the eyes of those who voluntarily submit to evils, and throw away their lives.

How, then, can we teach sanitary truths, popularly, to our fellow men and women? By example and precept. If every one would but earnestly carry out what they know, very many would be led to follow in their footsteps.

In the clergy we should find mighty coadjutors. They have, perhaps, the largest opportunities of inculcating good sanitary principles. Let them at once determine to understand those principles themselves, and they will have, in that natural knowledge, quite as powerful an agent for good as in their spiritual ministrations. As Mr. Spurgeon quaintly put it to an audience I was about to address on 'Fresh Air': 'You should have the grace of God, but you should have also oxygen. You cannot appreciate the one unless you obtain the other.' From the pulpit our clergy can tell the mass of the people how necessary it is to recognise the laws of life as God's laws, that it is as wilful a crime to neglect the proper care of the body as it is by immorality or other sin to jeopardise the soul, and he can show how much better it is to prevent disease than to relieve suffering, to lengthen life than to comfort the bereaved.

They also have more influence in education than any other class, and in schools and colleges can exercise that influence for much good, urging on both committee and master the introduction of such vital instruction, and even under certain circumstances becoming themselves the teachers of these important facts.

Then, in the house-to-house visitation, no one has better opportunities for personally advocating sanitary knowledge and improvements, and I can but feel that in supporting any effort in that direction they fitly fulfil their high duty 'as followers of Him whose quick compassion led Him to heal all manner of ills.'

(To be continued.)



THE NATIONAL HEALTH SOCIETY.

THE PHYSIOLOGY OF RECREATION.

A Lecture by MR. G. ROMANES, M.A.

ON Thursday afternoon, the 10th instant, a drawing-room lecture on the above subject was delivered by Mr. George Romanes, M.A., at the residence of Mr. Charles Matthews, 23, Hertford Street, Mayfair, thus winding up a series recently delivered by various scientific authorities, under the auspices of the National Health Society. The object of that society, which is now in its sixth year, is to spread a knowledge of the

laws of health in every possible way among all classes. Many hundreds of simple and practical lectures on air, ventilation, food and cookery, the prevention of the spread of disease, and kindred subjects, have been delivered at working men's clubs, mothers' meetings, and elsewhere, in some of the poorest and most crowded parts of London, with the most encouraging results; while, as in the present instance, the higher ranks have also been addressed. Papers and leaflets have likewise been issued, orders for which have come from Russia, Cape Town, New Zealand, America, Paris, and Berlin. For the University of the last capital, in particular, and for the Princess of Prussia, who is much interested in sanitary matters, copies of all the publications on the society's long list were secured last year by Dr. Oscar Liebreich. Playgrounds, park excursions, and prizes for cookery, swimming, physiology, etc., come also within its province. Mr. Romanes, with a view to giving his audience a clear notion of what recreation means, reminded them that, as to create signifies to form, re-creation denotes forming anew. In that word, therefore, our forefathers embodied their idea that recreation ought not to be a pastime, indulged in for the pleasure it brought with it, but an act of duty in itself, performed with a view to regaining strength for further duty. In their spirit he would define recreation as that which, with the least expenditure of time, renders the exhausted energies best fitted to resume their work. Coming then to the physiology of recreation, to the description of which neither fun nor even more profitable diversion answered, in the absence of the recuperative element they had to find out why some actions or pursuits were recreative and others not. Evidently it did not depend on the mere relief from toil, since the sportsman's week on the moors involved more hard work than the collier's in the mine. Rowing, which was play to the student, was a serious business to the bargeman, and no gardener was like his master in digging for digging's sake. The only principle which would explain the recreative quality in all cases was the physiological necessity for frequent changes of functional activity. In order to make this clear the lecturer briefly explained the physiology of nutrition. He showed that in the various bodily tissues there is always a twofold process going on—(1.) That of receiving nourishment from the blood, whereby they are being constantly built up into an efficient state for the performance of their various functions; (2.) That of discharging into the blood the used-up materials. Now, an organ at work is undergoing wear and tear, which it is the business of nutrition to make good. If the work done be in excess of the nutriment furnished, the organ or tissue must stop work through exhaustion—must sleep, in short, until nutrition shall have done the repairs. Sleep is nothing else than the time of general rest, during which the process of nutrition is allowed to gain upon that of exhaustion. But besides general exhaustion and rest in sleep, there is local rest, following on local exhaustion, as when the muscles of the arm are no longer able to hold out a heavy weight, until the over-taxed limb has rested awhile. The physiology of nutrition, Mr. Romanes repeated, would clear up his meaning as to the dependence of the recreative principle on the physiological necessity for a frequent change of functional activity. For although in the case of some organs, such as those of secretion,

functional activity is pretty constant, owing to the constant expenditure of energy being just about balanced by the constant income, this is not so in the case of nerves and muscles. All the time nerves and muscles are at work their expenditure of energy is so vastly greater than their income that they can only carry on by drawing on the stores laid up by them during the comparatively long periods of their previous rest. But this is true of nerve and muscle only, and what it amounts to is simply this—a change of functional activity, having for its object the affording of time for the nutrition of exhausted portions of the body. A part of the body having become exhausted by work done, and yet the whole of the body not being so far exhausted as to need sleep, recreation comes in to afford the worn-out part local sleep, by transferring the scene of activity thence to some other part. It is thus clear that in a physiological, no less than in a psychological sense, the term recreation is a singularly happy one. It will be seen that as a matter of fact the whole physiology of recreation consists merely in a re-building up, re-forming, or re-creation of organs and tissues that have become partially disintegrated by the exhausting effects of work. Thus, in this physiological sense, recreation is partial sleep, while sleep is universal recreation. It would now be seen why it is that the one essential principle of all recreation must be variety, which merely means the substitution of one set of activities for another, and consequently the successive affording of rest to bodily structures as they become successively exhausted. The undergraduate finds recreation in rowing, because it gives his brain time to recover its exhausted energies, while the historian and the man of science find mutual recreation in each other's labours, because these labours require somewhat different faculties of mind for their pursuance. The rest of the lecture was devoted to the consideration of the subject in its more practical aspects, and nearly the whole of the audience being ladies, the suggestions offered had special reference to the recreation of the sex, especially females belonging to the upper classes, both at school and in after life.

Thanks having been voted to Mr. Romanes, on the proposition of Mr. Matthews, and duly acknowledged, a like compliment was paid to the host and hostess on the motion of Mr. Maddy, seconded by the Rev. Sydney Vatcher, M.A.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

THE NEW PRESIDENT OF THE UNITED KINGDOM ALLIANCE.

At a special meeting of the vice-presidents and executive of the Alliance held at Manchester on Tuesday last, Sir Wilfrid Lawson, Bart., M.P., was unanimously chosen president of the organization, in place of Sir Walter C. Trevelyan, Bart., deceased, who had occupied the position from the commencement of the Alliance in 1853 down to his death. The selection is sure to meet with the warm approval of all friends of the movement.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

(Continued from page 158.)

V.—THE NEW MANAGEMENT.

THE members of the investigation committee succeeded the old board in the management of the Company; and it was only natural to suppose that the mistakes, defects, and weak points exposed by the committee would all be remedied under the administration of those who had been, some of them for years, the censors of the late directorate. It will be our business to point out how far this expectation has been realized, and also to indicate to what extent suggested reforms have been neglected.

THE ELEVENTH ANNUAL MEETING.

On the 30th of March, 1878, the eleventh annual meeting of the Company was held at the Westminster Palace Hotel, the Hon. Evelyn Ashley, M.P., presiding. The directors, in their report, after referring to the criminal prosecutions and civil actions, and the difficulty with the Wandsworth Board of Works, say:

'The former architect and surveyor to the Company resigned his appointment in August last, and the board have appointed as manager and surveyor, Mr. J. V. Sigvald Muller, a gentleman who, during his whole career, has been associated with first-class undertakings, and has had great professional experience.

'The board advertised for a permanent secretary in January last, and received no less than 580 applications.* The list of applicants was carefully examined and considered, and eventually Mr. Samuel E. Platt of Aylesbury was selected. Mr. Platt, who has had large experience in financial matters of a varied character, will immediately enter upon the duties of his office.

'Application has been made to the Public Works Loan Commissioners for an advance upon the security of the Queen's Park Estate, with a view of expending such advance in the erection of Artizans' Dwellings upon the large area of land there uncovered. This advance, if granted, will be repayable by instalments extending over not more than forty years.

'It is also intended to mortgage some portion of the Shaftesbury Park Estate, with the view of repaying the temporary advance at present due to the London and Westminster Bank.

'Instructions have been given to an eminent firm of auctioneers to offer the Cann Hall land for sale; and in case it may not attract purchasers at such prices as the board may deem sufficient, they will further consider how far it may be necessary or desirable partially or wholly to develop the estate.

'It is satisfactory to be able to state that the collecting expenses, upon a considerably increased rent-roll, were, during the last five months of the year, at the rate of £1,128 11s. per annum less than during the previous seven months. The rate per month, up to July 31st, having been £125 14s. 9d., and the rate per month since —£31 13s. 10d. This saving has been accompanied by increased efficiency. The cash received at the Shaftesbury and Queen's Park Estates is paid into the bank daily, while returns of the details of such payments are also daily made to the chief office. No goods are ordered without the sanction of the board.

'The balance sheet and revenue accounts presented herewith have been based upon the actual expenditure upon each estate, and

* It is a noteworthy fact that although Mr. John Kempster, who had been in office as secretary *pro tem.* for six months at a salary of £10 per week, was most anxious to secure the permanent appointment, he was not one of the 580 candidates.

the actual receipts derived therefrom, as shown by the books; instead of, like the accounts of former years, upon valuation of the different properties; and therefore the balance of the revenue account shows actual realised profits, instead of including any assumed increase of value.

'A careful investigation of the details of past expenditure upon the Company's houses makes it clear that many of those sold have been parted with considerably under their cost price to the Company. This has been in some measure compensated by the former repayment tables, which charged purchasers with heavy and unequal interest.

'The board has prepared a new prospectus, fixing the letting and selling prices of the houses at fairly remunerative rates, and charging an even six per cent. annual rate of interest upon the sums payable by deferred instalments. The new redemption tables are based upon the same rate of interest; so that purchasers will at once see from them the exact proportions of principal and interest charged, and what sum will be required at any date to complete the payments for their property. This method will prevent disputes which, upon the old system, have constantly arisen, and will also save much labour in the keeping of the Company's accounts.

'As to the progress and building operations on your principal estates, we would make the following statement:—On the Shaftesbury Park Estate, twenty-seven houses and shops have been completed since last July, all of which were let, and nearly all occupied, before the end of 1877. Three large shops and living apartments, forming the basement and ground floor of the Shaftesbury Hall block, have also been finished, and let to the Local Co-operative Society's Stores; while the hall itself will shortly be ready for use.

'The temporary hall in Tyneham Road has been pulled down, and seven shops and houses, and a small hall have been built on the site. The shops, as well as the hall, are all let, and will be occupied by Lady-day next. The demand for your houses on this estate is undiminished.

'There used to be so many complaints as to defective roofs and general want of repairs, that the impression had gained ground that there was something defective in the construction. However, from December 31st, 1877, to March 8th, instant, only twelve complaints have been received as to the roofs. Between July 1st, and December 31st, 1877, 630 houses have been repaired, and 943 inspections made; and the repairs have been systematically attended to, under proper supervision.

'When your present board entered into office, there were on your Queen's Park Estate, besides 350 finished and occupied, 324 houses and shops in various stages of progress. These have all been completed in every respect, only excepting some front fencing; and they were all let during 1877—but thirty-nine of them were not occupied till January of this year. Thirteen houses and shops in the Harrow Road have been completed, and the other six will be ready by Lady-day. Seven out of thirteen are occupied, two more are arranged for, and one of the six in the second block is let. Eighty-eight houses have been started; thirty-eight of these were roofed in before the end of 1877, and the whole will be occupied and returning profit during the coming summer. Eight more houses near the others are being prepared for.

'Taking into account the large sums described in the balance sheet as commission and expenses on raising capital, and the past payments of unearned dividends, amounting to £80,864 os. 1d., in addition to the sum of £22,312 fraudulently abstracted in respect of land purchases, making a total of £103,176 os. 1d., without reference to the alleged extravagant overcharges for materials employed in construction, your directors recommend that the difference between the actual value of the Company's assets and the total expenditure be ascertained by careful valuation of the estates and other properties, and that the amount of the deficiency (if any) be written off the capital of the Company by a reduction in the nominal value of each share.

'Your directors recommend that a dividend of two per cent. be forthwith declared upon the paid up capital of the Company. This will absorb the sum of £11,707 6s. 7d. (subject to deduction in respect of capital not paid up for the whole year), and leave a balance to be carried forward of £1,304 8s. 4d.

'Your directors, in conclusion, are glad to be able to state their firm belief that the Company may, in their opinion, look forward to a prosperous future; inasmuch as it is possessed of most valuable properties, which, with economy and good management accompanying the natural increase in the value of house property in London and its neighbourhood, will, even in the coming year, return a better dividend on the capital invested.

REVENUE ACCOUNT, YEAR ENDING 31ST DECEMBER, 1877.

Expenditure.

	£	s.	d.	£	s.	d.
To Interest on loans and mortgages ...	4,138	18	8			
„ Costs in connection with same ...	229	19	0			
				4,368	17	8
„ Interest on deposits ...				2,065	3	8
„ Chief Office expenses—						
Salaries ...	1,316	9	11			
Rent, repairs, income and other						
taxes, and insurance ...	516	8	10			
Stamps, printing, and stationery ...	466	10	11			
Rail and cab fares, and miscella-						
neous expenses ...	241	18	3			
				2,541	7	11
„ Depreciation of office furniture ...				100	0	0
„ Directors' fees and grant—late board—paid						
prior to July 1st, 1877 ...				687	3	0
„ Auditors' and accountants' fees in respect of ac-						
counts for 1876, ditto ...				188	17	6
„ C. N. Longcroft, Solicitor—payment by late board				250	0	0
„ Jas. Marr—cost of valuation, Dec. 31, 1876, ditto				160	13	0
„ Damages and costs on breach of covenant to						
build on Smethwick ...				142	0	0
„ Investigation expenses, including accountants'						
and surveyors' charges ...				407	4	6
„ Amount voted to Mr. Pearce by shareholders'						
meeting, August 3rd, 1877 ...				300	0	0
„ Balance, being net revenue of the year ...				13,011	14	11

£24,223 2 2

Income.

	£	s.	d.	£	s.	d.
By Shaftesbury Park Estate—						
Rents and ground rents...	17,106	14	6			
Less repairs, rates, taxes, insurance and						
cost of collection...	3,046	6	4			
				14,060	8	2
By Queen's Park Estate—						
Rents and ground rents...	6,520	19	1			
Less repairs, rates, taxes, insurance and						
cost of collection...	1,688	3	0			
				4,832	16	1
By Outlying and Provincial Estates—						
Rents and ground rents...	2,521	18	3			
Less ground rents, repairs, rates, taxes,						
insurance and cost of collection ...	1,098	7	4			
				1,423	10	11
By Interest on Repayment Accounts ...				3,819	14	6
„ Registration and Transfer Fees ...				33	17	6
„ Legal Charges repaid by tenants and purchasers				52	15	0

£24,223 2 2

BALANCE SHEET, 31ST DECEMBER, 1877.

Capital and Liabilities.

	£	s.	d.	£	s.	d.
To capital—						
Amount received to 31st Dec., 1876	517,708	10	7			
Add correction of errors, ditto ...	13	18	0			
Amount received, year ending this						
date ...	67,644	2	2			
				585,366	10	9
To deposit—						
Balance 31st December, 1876 ...	53,342	3	4			
Add correction of errors, ditto ...	428	12	5			
Do. receipts, year ending this date...	6,798	12	11			
Do. interest ditto ...	1,651	7	3			
				62,220	15	11
Deduct withdrawals, ditto ...	29,108	15	9			
				33,112	0	2
To mortgages ...				26,700	0	0
„ Bank loan ...				78,351	0	0
„ Sundry creditors ...				8,155	12	8
„ Unclaimed dividends ...				150	15	2
„ Revenue account—						
Balance for year ending this date, as per						
account annexed ...				13,011	14	11

£744,847 13 8

Expenditure and Assets.

	£	s.	d.	£	s.	d.
By expenditure at Shaftesbury Park—						
Cost of land under late board...	28,350	0	0			
Expenditure on buildings and works,						
legal and professional charges to						
31st Dec., 1876 ...	282,207	19	7			
Value of workshops...	610	0	0			
Do. machinery and plant	744	15	1			
				283,562	14	8
Expenditure for year ending this date				11,727	4	10
Value of stores and materials ...				974	5	8
				324,614	5	2
Deduct houses and land						
sold to 31st Dec., 1876	47,966	0	0			
Do. houses sold year						
ending this date ...	6,900	0	0			
				54,866	0	0
				269,748	5	2
By expenditure at Queen's Park—						
Cost of land under late board (in-						
cluding £9,312 paid in excess of						
vendor's purchase money)...				57,512	0	0
Expenditure on buildings, including						
legal and professional charges to						
31st Dec. 1876 ...	147,710	12	6			
Value of workshops...	1,779	10	0			
Do. machinery and plant	4,077	9	2			
				153,567	11	8
Expenditure for year ending this date				57,489	1	7
Value of stores and materials ...				15,709	12	8
				284,278	5	11
Deduct houses and land sold						
to 31st Dec., 1876 ...	26,540	0	0			
Do. houses sold year						
ending this date ...	7,620	0	0			
				34,160	0	0
				250,118	5	11
By expenditure at Cann Hall—						
Cost of land under late board (in-						
cluding £13,000 paid in excess of						
vendor's purchase money) ...				48,000	0	0
Legal charges to 31st Dec., 1876 ...				850	9	0
Cost of survey, 1877 ...				60	18	6
				48,910	18	6
Deduct cash returned by a member						
of the late board ...				658	14	6
				48,252	4	0
By expenditure at Outlying and						
Provincial Estates, viz.—						
Battersea, Lavender Hill, Salford,						
Gosport, Birmingham, Smethwick,						
Baildon, and Liverpool to Dec.,						
1876, including legal and profes-						
sional charges...				47,345	18	8
Ditto, year ending this date ...				293	17	11
				47,639	16	7
Deduct houses and land sold to 31st						
Dec., 1876 ...	14,373	0	0			
Do. year ending this date	1,377	13	9			
				15,750	13	9
				31,889	2	10
By amount outstanding in respect						
of houses sold, being present						
value of future repayments, cal-						
culated by the Co.'s tables of						
redemption—						
Shaftesbury Park Estate ...				28,283	16	1
Queen's Park Estate ...				22,523	12	8
Outlying and Provincial Estates ...				4,631	8	4
				55,438	17	1
By debtors, for rents, ground rents,						
rates, taxes and insurance ...				2,699	0	2
By office furniture, fittings, and						
enlargement to 1876 ...				963	13	10
Deduct depreciation—say ...				100	0	0
				863	13	10
Carried forward ...				659,029	9	0

Brought forward ...	659,029	9	0
By fire insurance, paid in advance	127	11	11
By shares repurchased by the Company	2,191	13	0
By cash—			
On deposit—Chelsea vestry	55	0	0
At bankers'	2,566	10	80
In hand	13	8	10
	2,634	19	8
	£663,983	13	7
By commission on placing shares to December, 1876	19,501	12	6
By ditto to June, 1877	2,366	9	10
	21,868	2	4
By printing and advertising for ditto to Dec., 1876	4,011	19	7
By ditto, ditto to June, 1877... ..	298	13	2
	4,310	12	9
By dividends paid in excess of realised profits, in respect of the period prior to the 31st Dec., 1876, viz.—			
Dividends declared	62,937	8	11
Add correction of errors prior to 31st December, 1876, in deposit and share accounts	442	10	5
	63,379	19	4
Less balance of revenue to that date, as per report of Committee of Investigation	8,694	14	4
	54,685	5	0
	£744,847	13	8

'We have examined the above accounts, and find them to agree with the books and vouchers of the Company.

'The errors in the capital and deposit accounts to the 31st Dec., 1876, referred to in the report of the Committee of Investigation, have, with the exception of some very small amounts, now the subject of further examination, been discovered and rectified.

'PRICE, WATERHOUSE, & CO., } Auditors.
'EDWD. OWEN GREENING, }

'London, March 18th, 1878.'

(To be continued.)



CURRENT OPINIONS AND EVENTS.

ALTHOUGH there is a dearth of free libraries in London, it is a healthy sign that activity is displayed in Bethnal Green, where a library, supported entirely by voluntary contributions, has been for some time in existence. The committee are now asking the public for 10,000 additional volumes; and we hope the appeal will meet with a hearty response. Handsome donations to the institution have recently been forwarded by the Duke of Westminster, Lord Waveney, Mr. Tennyson, Mr. Holms, M.P., Professors Tyndall, Jevons, Balfour, and others.

The Coffee-Palace movement continues to advance. Lord, Shaftesbury, Mr. Gladstone, Mr. S. Morley, Lord Houghton, and other prominent philanthropists, have recently appeared as advocates of this new movement. Whatever may be said of the probability of the coffee-palace counteracting the influence of the public-house by those of its friends who give no encouragement to temperance societies, it is certain that the new movement can only succeed in the proportion it diminishes the use of intoxicants, and consequently its action is on precisely

the same lines as is that of the 'Intemperate Temperance Societies.'

According to the *Western Morning News*, an Anti-treat Society, binding its members not to give other people drink, has been started in New York. This is a society in which abstainers and drinkers are alike eligible for membership.

By promoting an improved supply of water the Prince of Wales is aiding an important branch of sanitary science; and his efforts in that direction will be warmly approved by the people, with whom the question is one of pressing moment.

It is reported that a cellar of wine was bequeathed to Dr. B. W. Richardson by the late Sir Walter C. Trevelyan 'for scientific purposes,' and that the doctor intends selling the wine, which is expected to realise about £4,000, and applying the proceeds in founding a temperance hospital.

Among the announced presidents at the May meetings are His Royal Highness Prince Leopold, the Archbishops of Canterbury and York, the Bishops of Rochester, Ripon, Carlisle, London, Peterborough, Exeter, and Sodor and Man, Earl Granville, Earl of Aberdeen, Lord Northbrook, Mr. Samuel Morley and Mr. Thomas Brassey. If the importance of these gatherings is indicated by the influential character of those announced to preside over them, the influence of Exeter Hall must be on the increase.

Mr. Thomas Kibble, of Greentrees Park, Kent, has presented to the Tonbridge Literary and Mechanics' Institution five valuable oil paintings of the old masters, and six marble busts, with other articles, which were rescued from the fire when the greater part of his mansion was destroyed a few weeks since. Mr. Kibble has also promised £100 towards the building fund of a new institute, and the Earl of Derby has promised a similar sum towards the same object.

The *Evening Standard* is alarmed at the increasing sale of American spirits in Europe. It says:

'In the fact that a large portion of these spirits went to Germany, philosophers will perceive a ready explanation of the irritation of popular spirit and the outbreaks of discontent and Socialism prevalent in the country. If Prince Bismark desires contentment and tranquillity throughout the empire, let him put on prohibitory duties against American spirits, and restore the good German habitude of drinking large quantities of mild beer. Then, with the absence of the cause of the inflammation of their blood, will the Germans once again become mild and meditative, and will accept with contentment and satisfaction the blessings of the best and most paternal of governments.'

The Earl of Derby, in reply to a correspondent, says that having openly and strongly expressed his dissent from the foreign policy of the Government, which had been approved by the party calling itself Conservative, he could no longer support in Lancashire what he had opposed in the House of Lords: for the present, at least, he wishes to hold himself free from all party organisations.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

LONDON SHOP-GIRLS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Through the courtesy of a friend I received a copy of your paper of the 12th instant, and read, with much amusement and a slight feeling of indignation, a letter signed 'X,' headed 'The Wrongs of London Shop-women.'

I am sure that to any one acquainted with the mode of living and class of food supplied to the assistants of most of the larger drapery establishments in London no contradiction will be required of the very intemperate statements in this letter; but as the probability is that most of your readers are ignorant of the inner life of the drapery trade, I ask you to kindly insert this, that such unfounded statements may not remain unquestioned.

I have been in the drapery trade for more than sixteen years, and am now in business in a country town, after having lived in London some time, both in my own shop and in situations. I can say with confidence, having been intimate with many assistants, and numbering friends amongst them now, that I never once heard a complaint of the food supplied or the time given for meals from any one. My first situation in London was in 1867, and in one of the largest firms in the East (Whitechapel); and the living there was abundant in quantity, and of excellent quality. I have dined in many drapers' establishments, both in town and country, at the assistants' table, and much prefer the dinner I have had with them to one that would certainly have cost from 1s. 6d. to 2s. in an eating-house in the City.

Your correspondent is very severe on what he considers the shortness of the time given to 'gobble' the meals in, and asks why factory hands should be allowed an hour, whilst the unfortunate shopwomen (than whom he considers the prisoner undergoing penal servitude better provided for) are only given thirty minutes. I am sure he will allow me to point out that in the case of factory hands, work-girls, etc., no dinner is provided ready cooked and on the premises: they have to go away to get refreshment. Half-an-hour is surely amply sufficient when all to do is to sit down at a table ready spread with victuals. Personally, I cannot conceive the necessity for more, unless, indeed, 'X' considers a short siesta advisable after every meal.

I certainly should not like to say that every shop assistant, as a rule, lives in an 'hygienic hospital for the promotion of mental and physical health,' and am not exactly clear as to what that may mean. It sounds uncomfortable, especially as the best parallel 'X' can find to it is that of a prisoner undergoing penal servitude. I will rest satisfied with saying that in the majority of cases, and as far as the nature of their employment will allow, their health and living is cared for as much as in their own homes.

There are many really crying evils to be remedied, both in a sanitary and social point of view, and I hope that 'X' may be induced to turn his attention and trenchant pen towards them; for this one, the 'host of creditable witnesses' to the contrary, notwithstanding, is a veritable mare's nest.

Apologizing for taking up your space so far, should you give this a place in your valuable paper,

I am, sir,

Yours respectfully,
Y.

April 17th, 1879.

LINES ON A PRINTING OFFICE.

The world's a printing-house; our words, our thoughts,
Our deeds are characters of several sizes:
Each soul is a compositor; of whose faults
The Levites are correctors; Heav'n revises:
Death is the common press; from whence being driv'n,
We're gather'd, sheet by sheet, and bound for Heav'n.

WOMAN can never be equal to man; for between the sexes is a profound difference. She must walk in the path assigned by nature. For her to take part in the offices of civil or military life which are proper to man is impossible, because of the important physiological duties she is destined to fulfil.—Dr. Reich, 'The Relations which exist between the Body and the Faculties of the Soul.'

THE HOUSEWIFE'S CORNER.

YEAST.

THE following is a method of making yeast without having recourse to the products of alcoholic liquors:

Boil a pound of good flour, a quarter of a pound of brown sugar, and a little salt, for an hour, in two gallons of water. When lukewarm, bottle, and cork closely. The yeast will be fit for use after the lapse of twenty-four hours, and a pint of it is sufficient to make eighteen pounds of bread.

BROWN BREAD.

Here are instructions for making brown bread, after the method adopted in New Hampshire, America. The receipt is taken from *Myra's Journal*.

Two cups of meal, one cup of wheat flour, one cup of rye, half a cup of molasses, one pint of sour milk, one teaspoonful of soda, and one of salt. Put in a well-greased tin pail, cover tight, and set it in a kettle of boiling water. Boil two hours, and you will have a nice loaf without any crust.

The Boston style is as follows:

One pint of rye, one quart of Indian meal, a quarter of a cup of molasses, one teaspoonful of salt, half a teaspoonful of soda. Mix with warm milk as stiff as you can; stir with a spoon, bake three hours, and steam for use.

ONION SOUP.

Take a large soup-plateful of small onions, similar to those used for pickling. Peel them, and then place them in a stewpan in butter, with a little sugar dusted over them; and when nicely browned, stir over them gradually some stock broth. Then boil, and season with pepper and salt.

HINTS ON FRYING.

The following hints on frying are culled from an article in Cassell's *Household Guide*:

The chief drawback to success in this branch of cookery, in England, is the shape of the ordinary frying-pan. Although we are constantly told in cookery-books that 'frying is simply boiling in fat,' the vessel in which the process is usually performed precludes the possibility of complete immersion. In France, where frying is most successfully practised, the frying-pan is generally from seven to eight inches deep, rendering the first principle of the art easy to be carried out. Before putting whatever is to be fried into the pan, sufficient fat should, if possible, be put into the vessel to cover the article. The pan should be scrupulously clean. The great art of good frying is to know when the fat is hot enough. This may be ascertained by sprinkling a few drops of cold water into the fat when supposed to be nearly boiling. If the water hisses, the fat is hot enough. A piece of bread dipped in hot fat will be the best test as to whether it is overheated or not. If the bread just browns, the fat will do; if it blackens, the fat should be thrown away, as it will destroy whatever is put in it. Parsley should be shaken through cold water immediately before it is plunged into the pan. Lard is excellent for frying fish. Beef and mutton dripping are better for meat. Butter is the least desirable of all fats for the purpose, on account of the salt and water in it.

SEASONABLE FOOD.

The following are in season:

MEAT.—Beef, mutton, pork, veal, and lamb.

POULTRY.—Fowls, chickens, ducklings, pigeons, etc.

FISH.—Cod, flounders, herring, mackerel, salmon, skate, soles, turbot, whiting, oysters, mussels, cockles, lobsters, crabs, eels, perch, pike, trout.

VEGETABLES.—Sea-kale, broccoli, spinach, lettuces, potatoes, onions, parsnips, peas, radishes, rhubarb.

FRUIT.—Apples, oranges, nuts.

BAKED RICE PUDDING.

Boil a teacupful of ground rice in a sufficient quantity of milk to swell it to the utmost. When nearly cold stir in three eggs, a quarter of a pound of finely-chopped beef suet, two tablespoonfuls of good moist sugar, and a little grated nutmeg. Pour it into a well-buttered pie-dish, and bake in a moderate oven.

OATMEAL PORRIDGE.

Place some water on the fire to boil, and as soon as it does so throw in a little salt. Next sprinkle in the water, by degrees, some coarse oatmeal, stirring the while with a large spoon. When it has thickened it should be removed from the fire, and poured at once upon plates. Scotch oatmeal is best if it can be got.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

'I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth*.

Such is the disposition of mankind, the favour you refuse cancels all you have conferred; and though you oblige them ever so often, they will forget a thousand compliances, and yet remember a single denial.—*Pliny*.

Be always employed about some rational thing, that the devil find thee not idle.—*St. Jerome*.

For a wife to hope that she can enchain the affections of her husband, after marriage, merely by her brilliant qualities and bodily or intellectual charms, without the cultivation of the heart and reason, which can alone rivet and hold fast the chain, were as hopeless a task as the endeavour to twine a garland of flowers with their petals only, without their calyx and stalks.—*Richter*.

Says Plate—'You are narrow and thin;

And, poor jug! I abominate that.'

Jug replies—'You may call it a sin:

But, my dear! I'm not shallow and flat.—*W. J. Linton*.

The hand of the generous man is like the clouds of heaven, which drop upon the earth fruits, herbage, and flowers; the heart of the ungrateful is like a desert of sand, which swalloweth with greediness the showers that fall; but burieth them in its bosom and produceth nothing.—*Ancient Indian MS.*

God, the first intellect, hath imprinted His mind on all, and hath, by His bounty, inspired almost all nations with the knowledge of letters.—*Turkish Spy*.

There is no vice that doth so cover a man with shame as to be discovered in a lie, for, as Montaigne saith: 'A liar would be brave towards God while he is a coward towards men; for a lie faces God and shrinks from man.'—*Lord Bacon*.

Endeavour to be first in thy calling, whatever it be; neither let any one go before thee in well-doing: nevertheless, do not envy the merits of another; but improve thine own talents. Scorn also to depress thy competitor by dishonest or unworthy methods; strive to raise thyself above him only by excelling him: so shall thy contest for superiority be crowned with honour, if not with success.—*Ancient Indian MS.*

A small, small seed, and of no account,—

'Twas a chance if it would grow:

In a deep rock crevice a hidden fount,—

Mere drops, too few to flow.

Now the seed is a spreading upas tree,

No joy can live beneath:

And that fount has flooded love's pleasant lea

With the dark, deep tide of death.—*W. J. Linton*.

Every artificer and profession endeavours to make the thing fit and to answer the end for which it is intended. Those that till the ground, or that break in horses, or train dogs, their business is to make the most of things and drive them up to the top of their kind; and what other view has learning and education but to improve the faculties and to set them the right way to work?—*M. Antoninus*.

Man weeps often during his sleep, and when he wakes he scarcely knows why he has shed tears. Such is life. During the second period thou wilt not know that thou hast wept during the first.—*Richter*.

To be satisfied with a little is the greatest wisdom: and he who increaseth his riches increaseth his cares; but a contented mind is a hidden treasure and a guard from trouble.—*Ancient Indian MS.*

The bees can abide no drones amongst them; but as soon as they begin to be idle they kill them.—*Plato*.

Compulsion must sometimes be used on the mind to impel it to exertion.—*Seneca*.

The soul or mind, as a power, is more evident and certain to me than my body; for only by it can I know and feel the latter. Its changes are more striking, nearer, controllable, and freer than those of the body.—*Richter*.

There are points from which we can command our life;
When the soul sweeps the future like a glass;
And coming things, full-freighted with our fate,
Jut out, dark, on the offing of the mind.—*J. P. Bailey*.

The terrors of death are no terrors to the good; restrain thy hand from evil, and thy soul shall have nothing to fear.—*Ancient Indian MS.*

The fear of death never troubleth the mind of an innocent man.—*Cicero*.

Do not command children under six years of age to keep anything secret, not even the pleasure you may be preparing as a surprise for a dear friend.—*Richter*.

If it be difficult to rule thine anger, it is wise to prevent it; avoid, therefore, all occasions of falling into wrath; or guard thyself against them whenever they occur.—*Ancient Indian MS.*

Oh! the brave and good who serve
A worthy cause can only one way fail;
By perishing therein. Is it to fail?
No; every great or good man's death is a step
Firm set towards their end—the end of being;
Which is the good of all and love of God.—*J. P. Bailey*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith. The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

G. J. W.—We cannot explain how it is that no report of the annual meeting has as yet been issued. We were given to understand that it would be sent out with the dividend warrants on the 18th inst.; and we cannot explain the delay. The proceedings did not occupy much more than an hour, therefore the report cannot be a very heavy document, even if issued verbatim; and they were too unanimous for it to require much editing.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid. Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—
Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOJO PEARCE, made payable at SOMERSET HOUSE. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

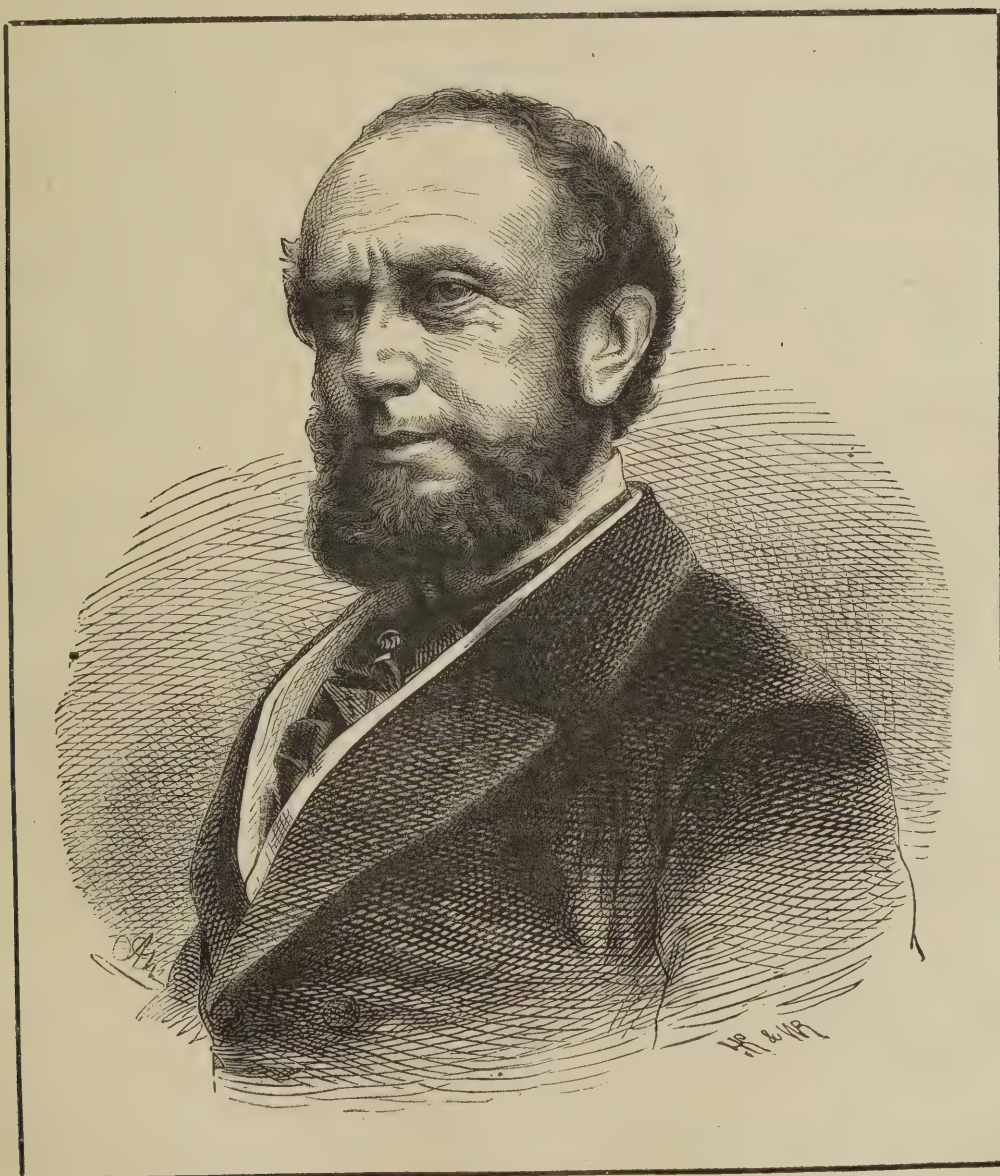
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 15, Vol. I.]

SATURDAY, MAY 3RD, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



MR. W. T. MCCULLAGH TORRENS, M.P.

WEEKLY JOURNAL FOR

HOUSE CONSTRUCTION: VERMOREL
DIETITIC: DIETITIC: DIETITIC
HARRIS: HARRIS: HARRIS
GIVEN: GIVEN: GIVEN

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MAY 3rd, 1879.

CONTENTS.

	PAGE
MR. W. T. McCULLAGH TORRENS, M.P.	175
IMPROVEMENTS IN GLASGOW AND THE CITY IMPROVEMENT ACTS	175
UNINHABITABLE HOUSES IN HOLBORN	178
ON THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACH- ING OF SANITARY SCIENCE, BY JOSEPH J. POPE, M.R.C.S., L.A.C.	178
DEATH FROM WALL-PAPER POISONING	179
DIETETICS, BY VIATOR	179
AN ENCHANTED ISLAND	180
CURRENT OPINIONS AND EVENTS	181
A CUTE THIEF	181
RICHARD REALFF, BY JOHN HILTON	182
TENANTS' GRIEVANCES.—BROKEN PROMISES AND BRASSEY SQUARE	183
PUBLICATIONS	183
GEMS OF THOUGHT	184
THE HOUSEWIFE'S CORNER	184

MR. W. T. McCULLAGH TORRENS, M.P.

MR. TORRENS, eldest son of Mr. James McCullagh, of Greenfield, co. Dublin, born in 1813, was educated at Trinity College, Dublin, where he graduated B.A. in 1834 and LL.B. in 1840. He was called to the Irish bar in 1836, but subsequently he became a member of Lincoln's Inn, and practised at the Common Law bar.

He was appointed a Commissioner of the Poor Law Inquiry in Ireland in 1835, and became private secretary to Mr. Labouchere (afterwards Lord Taunton) in 1846.

Mr. Torrens was first returned to Parliament for Dundalk in 1848, as an advanced Liberal, which place he represented till the general election in July, 1852, when he stood for Yarmouth, but was unsuccessful. At the following general election, March, 1857, however, he was returned for the latter constituency, but he was unseated on petition. In 1863 he assumed, for family reasons, his maternal name.

In 1865, at the general election, he successfully contested the borough of Finsbury, and he has since continued to sit for that important metropolitan constituency. He took an active part in the discussions on Mr. Disraeli's Reform Bill in 1867, and when that bill was in committee, he proposed and carried the lodger franchise.

In 1868 he introduced the Artizans' Dwellings Bill, which passed both Houses after protracted debates, although it was not adopted in the shape in which he introduced it, but was so altered that its effect has been to destroy but not to rebuild—to clear sites of condemned houses, but not to erect dwellings for the accommodation of the evicted tenants. Next week we hope our space will permit us to give the speech delivered by him on the 24th ult., when taking part in the discussion upon Sir James Watson's paper at the Royal Institute of British Architects; as on that occasion Mr. Torrens very clearly stated the case. By initiating legislation in aid of the improved dwellings

movement, and by his persistent attempts since to improve and render such legislation effective, Mr. Torrens has earned for himself the proud distinction of being a friend to the humbler classes—classes standing so much in need of better house accommodation.

In 1869 he succeeded in obtaining permission for the London Poor Law Guardians to board out pauper children, a plan which has been of great advantage to the children so boarded out. In 1870 an act amending the laws regarding extradition was passed, in accordance with the recommendations of a committee which Mr. Torrens procured two years before.

The School Board for London was proposed by him, as an amendment to Mr. Forster's Elementary Education Bill.

Mr. Torrens is well known as an author, and amongst the works published by him are 'Lectures on the Study of History,' 'The Life of Shiel,' 'Life and Times of Sir James Graham,' and 'Memoirs of William, Second Viscount Melbourne.' We hope in an early number to quote largely from his article in *Macmillan's Magazine* for April upon 'What is to be done with the Slums?'



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

IMPROVEMENTS IN GLASGOW, AND THE CITY IMPROVEMENT ACTS.—ORIGIN OF THE ARTIZANS' DWELLINGS ACT.

PAPER BY SIR JAMES WATSON.

ROYAL INSTITUTE OF BRITISH ARCHITECTS.

An ordinary meeting of the Institute was held on Monday evening, the 21st ult., the President, Mr. Charles Barry, in the chair.

The SECRETARY (Mr. White) read a letter from the Metropolitan Board of Works, stating that the board will have great pleasure in complying with the request of the Institute for copies of plans, and forwarding four series of plans: those relating to the proposed Tower Bridge, to building sites offered by the board to be let by tender, to the improvement schemes proposed under the Artizans' Dwellings Act, 1875, and a plan of the metropolis, showing the properties condemned under the recent Streets Improvements Act. The Commissioners of Sewers for the City of London had also promised to forward plans of the two schemes about to be carried out under the Artizans' Dwellings Act. The Local Government Board

wrote, enclosing a report of Messrs. Ratcliffe and Mr. P. Gordon Smith on 'back-to-back' houses, and expressed their regret at their inability to have copies made of the plans referred to in the report.

Mr. VULLIAMY, architect to the Metropolitan Board of Works, said instructions had been given him by the board to forward to the Institute all plans of improvements, whether 'local' or 'metropolitan,' and of the schemes under the Artizans' Dwellings Act; and also of building sites to be let by the Board, together with the conditions of letting—which latter, he thought, were very good.

Sir JAMES WATSON then read his paper on the subject given above. In it he said:

'It will be generally admitted that if we would seek to elevate the great mass of our industrial population in our large cities throughout the kingdom, we must endeavour to provide them with comfortable dwellings. If the home of the working man be cheerless, dark, and unwholesome, the result will naturally be to drive him to the use of intoxicating liquors, and too often to the public-house. A strong feeling of this has long existed in Scotland, and with the view of furthering it, movements have been made both in Edinburgh and Glasgow, especially so in the latter, and the movements, although somewhat retarded by the two often injudicious conduct of the workmen themselves, with their strikes and trade unions, have been attended, as I hope to show, with beneficial results. Every stranger who visits Scotland must be struck with the difference existing between the dwellings of the humbler classes in Scotland as compared with those in England. In England they generally reside in self-contained brick buildings, whereas in Scotland they almost entirely live in large stone tenements divided into separate flats, with more than one family on each flat. But a still more striking contrast consists in the fact that a large number reside in narrow lanes or closes in the older parts of the principal towns in Scotland, and although many of these lanes have been removed, there are still a considerable number inhabited by this class of the population. The old style of building was to erect large stone tenements fronting the street, with gardens behind, but as population increased large blocks of houses came to be built on the site of these gardens, and stretching back as far as from 200 ft. to 280 ft. Dividing these high tenements were narrow passages, or closes, of from 3 ft. to 4 ft. wide. This system of building long prevailed throughout the large towns of Scotland.

'In a work published in 1736, giving a history of Glasgow, the author, Mr. McUre, after enumerating the eleven streets which then constituted the entire town, compares it to a comb with teeth on each side, the streets forming the centre or wood of the comb, and the teeth on each side representing the narrow lanes or closes. Maps published in 1776 and 1800 show that in the part of the city then built (and when the population amounted only to about forty thousand) this system then prevailed. On looking into this, one is tempted to inquire what could be the reason which induced parties, when ground was comparatively cheap, to resort to such a style of building. In all probability it was resorted to for protection during the troublous times which so long existed in Scotland, when families lived in masses to guard themselves from the raids of hostile clans or the oppression of the feudal barons. The early history of Glasgow is interesting. Originally it was a bishopric founded by David I. in 1120, who built a magnificent cathedral, and richly endowed it. Houses gradually clustered around it; a university was founded in 1450, when the population amounted to 1,500. As population increased, ground rose in value, and builders, taking advantage of the old system, and being without any building act to prevent them, filled up almost every inch of available ground in the centre of the city. The houses in these closes and lanes were long occupied by respectable people, but gradually deteriorated, and particularly so from and after 1847, by an influx of population from the rural districts of Ireland, bringing with them habits which, however innocuous among the open bogs of Ireland, were quite unsuited to the densely crowded parts of a large city. This class took possession of the closes, and greatly increased the overcrowding. In some of these cases from 600 to 800 people came to be huddled together.

'In 1866, when the Improvement Act passed, the density of the population in some parts of the city amounted in some cases to 600, and in others to about 1,000 per acre. The state of things may easily be conceived under such circumstances. The houses in these closes were generally old, dark, and ill-ventilated, without sufficient breathing space, and without family accommodation, there being only one ash-pit, etc., to each close,—sometimes even for two closes;

and when fever or small-pox broke out, the results were appalling. The moral effect produced was not less disastrous. Many of the criminal classes took up their abode in them, driving away the more respectable. Scenes of riot and disorder, assault and robbery with violence, were of frequent occurrence, and in several cases murders were committed.

'Such was the state of Glasgow when the Corporation, instigated by Mr. Blackie, then Lord Provost of the city, and Mr. Carrick, the city architect, formed the design of applying to Parliament for power to purchase and pull down whole blocks of these buildings, to sweep away these narrow closes, to open streets through the most densely-populated portions of the city, and to see that in lieu of these old and wretched houses, buildings should be erected, and vacant spaces arranged for, so as suitably to provide for the growing wants of the city. Plans were made, with the necessary books of reference, for the streets to be reformed and buildings to be taken down, and to every house scheduled notices were given, and an Act of Parliament applied for. The area of overbuilt ground thus scheduled extended to eighty-eight acres, being nearly the whole of the old town shown in the map of 1800. The plans showed the formation of forty-five new streets or enlarged thoroughfares. Powers were sought to expend £1,250,000 on the purchase of these, and to take down, rebuild, or sell, in conformity with the plans of the new streets or enlarged thoroughfares. Powers were also sought to borrow money on security of the buildings, and to impose a tax on the rental of the city (to be paid by occupiers) of 6d. per pound for five years, and 3d. per pound for ten years. The Act passed almost without opposition in the session of 1866. Immediately thereafter a committee was appointed, over which I presided for the following six years. A tax of 6d. per pound was imposed for the first year, and a bank credit for £45,000 was arranged for until the tax was collected and money borrowed on security of the trust. A judicious person (Mr. Lamb) was appointed to negotiate for the purchase of property privately, and as most of the buildings were old and dilapidated, and the owners willing to dispose of them, the committee succeeded in securing a considerable amount of property at very moderate rates. By the end of the first year they found themselves in possession of property to the extent of £50,512, obtained at from ten to fourteen years' purchase for dwellings, and eighteen to twenty years' purchase for shops. By this time loans began to come in freely at four per cent. The 6d. tax, which had raised a great amount of dissatisfaction and grumbling, was reduced to 4d. for the second year, at which it continued for four years. The purchasing went on, and by the end of the second year a large amount of property had been secured. Such owners of property as were willing to deal at moderate prices had their property purchased, while those whose demands were exorbitant were left over. A rule was laid down that no great improvement should be begun in any one place which would enhance the value of the adjacent property, until the whole buildings required for such improvement were purchased, and the adherence to this rule has tended much to the success of the enterprise. For the first two years nothing farther was attempted than putting the dwellings into a fair state of repair, and opening up some of the long closes by the removal of a portion of the back buildings, so as to secure sufficient breathing space, and playground for the children. The pressure of the 6d., and afterwards of the 4d., tax, without the necessary changes being seen, gave rise to a regular crusade against the committee. We were represented as ruining the city, and told that the sooner our operations were stopped the better. At our quarterly meeting, however, we were enabled to explain everything, and the good sense of the public ultimately prevailed. The proceedings of the committee were narrowly watched by builders, and when they understood that large clearances were about to be made, and remembered how little had been done for years in the erection of workmen's houses, they immediately commenced operations. The rage for building workmen's houses went on from year to year, whole streets of new houses sprang up, until the supply exceeded the demand. The committee, at first fearing that sufficient house accommodation might not be found for the displaced population, purchased two large lots of building ground in the vicinity, costing, including sewerage and laying out of streets and squares, £80,661, to give off to builders for erecting workmen's houses at moderate rates. The plan succeeded, and resulted in a profit of £15,000.

'In about two years after the passing of the Act, commenced the demolition of some of the old and dilapidated buildings which had been purchased, such tenements as were dens of fever and disease, and haunts of the criminal classes, being taken down at once. This demolition process, however, required to be gradual, as it was necessary to prove to the sheriff before ejecting more than 500 persons of the labouring class that an equal amount of house accommodation suitable for such class existed or had been otherwise provided. In

this, however, there was no difficulty, as the erection by private enterprise of the new went on much faster than the demolition of the old. The clearance thus effected by the committee, aided as it was by certain railway operations requiring similar treatment, had soon a marked effect on the health of the inhabitants, and particularly on that of the children, whereby the mortality, particularly of the latter, was considerably lessened.

For the first four years the attention of the committee was chiefly occupied with the purchase of property and removals already alluded to. The rest of the property was put into a sufficient state of repair and let so as to secure a proper income. By 1870 the property secured amounted in value to £735,000, and the money expended to £764,063, and in 1871, £931,231. In 1871 the Act was extended five years, and in the same year the chief constable reports as follows:—"Through the operations of the City Improvement and the Union Railway, the city has been cleared of the foulest dens of profligacy and crime, and their occupants scattered among a population breathing a purer atmosphere, thereby affording facilities to the police for bringing the vicious to justice more easily and certainly than when the whole formed a concentrated and combined colony of ruffianism.* Fears were at one time entertained that the dispersion of the low class to other parts of the city might contaminate those places, but these fears were found to be groundless. On the contrary, our sanitary inspectors have repeatedly reported that the condition of the displaced population has been improved, and that although paying higher rates for better houses in other districts, they are satisfied of the advantages of the change.

About this period, 1871, the improvements began to be carried out by the sale of the ground with its buildings, in order to carry out the plans laid down by the city architect. Care was taken not to put much in the market at one time, and the prices exceeded their expectations. In all cases the ground has been disposed of by public sale. The result of the committee's proceedings to the present time may be enumerated as follows:—

	Property Bought and Paid for.	Ground Sold.
In 1872	£985,159	£124,307
" 1873	1,087,365	180,762
" 1874	1,241,353	513,112
" 1875	1,315,008	565,136
" 1876	1,431,593	774,091
" 1877	1,487,362	883,634
" 1878	1,538,971	921,538

"The property has been all acquired by private negotiation with the exception of three jury trials. The result of the operations has been to reconstruct large portions of the city. Wide and handsome streets with spacious shops and dwellings have in many cases taken the place of narrow streets, and lanes of old and dilapidated buildings. Narrow closes, whence the criminal classes were wont to issue nightly in quest of prey, are now all but unknown, and respectable dwellings and warehouse premises have taken their place. Fever dens have been removed, and by aid of the Sanitary Committee the death-rate in these districts has been greatly reduced. The death-rate, which was on an average 29 in 1,000 in 1866, was reduced to 25 per 1,000 in 1876, a saving of life in a population of 500,000 equal to 2,000 annually. Last year the average was 26 per 1,000, notwithstanding the unusually severe weather during the last months of the year. There are still, however, portions of the city requiring reconstruction, which are being attended to by the Commissioners.

"It is difficult to give an adequate idea of the change produced in the various parts of the city by these operations. It is proper to mention that ground in the centre of the city was found to be too high in price to allow of the erection of workmen's houses. The buildings, therefore, which were erected there on the site of those pulled down, have consisted chiefly of shops and warehouses, along with dwellings for the middle classes. Those built for the working class have been erected at some distance from the centre of the city, where the sites were less costly.

"The following letter, dated March 24th, which I have received from Mr. White, our assistant master of works, will explain the average specimen of the class of workmen's houses lately erected :

* Between the years 1867 and 1873 there is a diminution in the total cases of crime annually reported of 3,030. Total cases reported to the police in 1867, 10,899; in 1873, 7,869,—difference, 3,030; and this in face of an increase of population of 57,453. Since then the numbers have fluctuated, but any increase is slight, taking into account the increase in population.

"I send herewith two tracings. Plate 8 is the plan of building erected by the magistrates and council in Warwick-street, which is 60 ft. in width. It consists of four flats, each flat having two separate dwellings of two apartments and scullery. The arrangement is one of the best that exists; the apartments are large, the ceilings of good height, viz., 10 ft., and the height of the building 45 ft. 6 in. The free space requisite is three-fourths of this height; actually it is much greater, as the plan shows.

"Plate 9 is the plan of building erected in Dalmarnock-road, a street of 50 feet in width. The ground flat is occupied by two shops, each of which has at the back an apartment which may be used as a dwelling. The three upper flats have three separate family dwellings on each flat, two of them having two apartments, and the centre one one apartment. The single apartment I do not approve of, my opinion being that there should be no separate dwelling of only one apartment. The height of the building is 45 ft., the ground flat having a height of 12 ft., the others of 10 ft. The free space necessary, in accordance with the Police Act, is three-fourths of the height.

"Notwithstanding the great care taken by the Court in examining plans to see that the arrangements for dwelling-houses are as complete as possible, in some instances it is rendered unavailing on account of houses, consisting of three and four and more apartments, and which, when the plans passed the court, were shown as and intended to be occupied as one dwelling, being converted into single apartments. If the proprietors were bound to make application to the Court, it would not allow such alterations without sufficient means of ventilation being provided."

"It may be proper here to mention that, by a clause in the Glasgow Police Act, obtained in 1866, no building in which there are sleeping apartments is permitted to be erected, unless there be a free space in front of the window equal to at least three-fourths of the height of the wall in which it is placed. In streets formed since the passing of the Act, the width of the street must be equal to the height of the building. Where there are no sleeping apartments, it is in the discretion of the Court to allow the building to be higher than the width of the street by one-fourth. In the old streets, however, formed previously to the passing of the Act, there is no such restriction as the width of the street regulating the height of the building. The consequence is that large tenements in which there are no sleeping apartments have been erected in several of our narrow streets, thereby excluding to a large extent the sunshine, air, and light of heaven.

"The restriction as to the free space in front of and behind all buildings in which there are sleeping apartments, amounts on an average to about 30 ft. of open ground. As far as the space in front of the building is concerned, it is well adhered to; but as regards the space behind, the Act is frequently evaded by parties who are proprietors on both sides of a square erecting tenements with a space of 30 ft. between the buildings in place of 60 ft., which would be required if the buildings belonged to different parties. Thus the 30 ft. is made to do double duty. This is felt to be particularly objectionable as regards what are called hollow squares, where, as they are closed on all sides, there is a total want of air circulation.

"A very salutary regulation was introduced into the Police Act, requiring all apartments to be of such a size as to admit a certain amount of cubic feet of open space. The words of the Act are as follow, showing the difference in regard to houses built previously to the passing of the Act, and those built subsequently :

"If such dwelling-house consists of one apartment, and was used as a separate dwelling previous to the passing of the Act, unless it contains at least 700 cubic feet of space, or, if it was not so used, unless it contains at least 900 cubic feet of space.

"If such dwelling consists of only two apartments, and was used as separate dwelling previous to the passing of the Act, unless it contains at least 1,200 cubic feet of space, or, if it was not so used, unless it contains at least 1,500 cubic feet of space.

"If such dwelling consists of only three apartments, and was used as a separate dwelling previous to the passing of the Act, unless it contains at least 1,800 cubic feet of space, or, if it was not so used, unless it contains at least 2,000 cubic feet of space."

"This is exclusive of closets, presses and recesses, not exceeding 4 ft. in depth, and not having a separate window therein.

"By a subsequent clause powers are given to persons appointed by the Board of Police from time to time to enter any dwelling-house which consists of not more than three apartments, for the purpose of measuring, in cubic feet, the space contained therein, and to mark, on or over the outside of the door of any such dwelling-house (if the cubic contents thereof do not exceed 2,000 ft.), or to affix thereto a ticket, on which are marked, in such position and style as the Board see fit, the number of such cubic feet, and the number of persons exceeding the age of eight years, who, without a breach of the provision after mentioned, may sleep therein. This provision is, that when apartments are used for sleeping in by a greater number of persons than in the proportion of one person of the age of eight

years or upwards for every 300 feet of space, or of one person of an age less than eight years for every 150 cubic feet of space contained therein, every person so using, or offering to be used, shall be liable to a penalty not exceeding 5s. a day during which it is so used.

For the enforcing of these regulations, a staff of sanitary inspectors is constantly employed; and, from the tickets placed on the doors, they are able to report all cases in which the requirements of the Act have not been complied with. The owners of the houses found offending are summoned before the police magistrate; are at first admonished and warned; and, if again found offending, a fine not exceeding 10s., or five days' imprisonment, is imposed.

(To be continued.)

UNINHABITABLE HOUSES IN HOLBORN.

THE Holborn Board of Works have resolved to deal in a summary manner with a number of dwellings in that district which are not fit to live in. A short time ago Mr. Isaacs, the surveyor to the Board, presented a report to the effect that certain properties in the district should be dealt with under the provisions of the Artizans' Dwellings Act of 1868. These properties included a number of houses in Baldwin's Gardens and Dorrington Street, which the surveyor stated were unfit for human habitation, and ought to be demolished. The report also stated that there were other houses in Dorrington Street, Fullwood's Rents, and Feathers Court, which were likewise in a condition dangerous to health, but he considered that they could be rendered fit for human habitation by the execution of certain repairs, which he specified in detail. At their last meeting the Board considered this report, and also a letter which had been received from Messrs. Vigers, surveyors, stating, on behalf of the freeholder of the houses in Dorrington Street, that he was prepared to clear the site if the Board would assist him in getting rid of the tenants. On the surveyor to the Board being appealed to with reference to this letter, he said the course he would recommend the Board to adopt was to order the immediate demolition of No. 1, and No. 2 would most assuredly follow. After some discussion, the Board passed a resolution for the immediate demolition of the houses in Baldwin's Gardens and Fullwood's Rents, and also decided to act upon the surveyor's suggestion with reference to the houses in Dorrington Street. As to the houses in Feathers Court, the Board agreed to allow the lessee two months in which to execute the necessary repairs.



HYGIENE.

THE SOCIAL NECESSITY FOR POPULAR AND PRACTICAL TEACHING OF SANITARY SCIENCE.

*(A Paper read before the Society of Arts, on March 5th, 1879;
DR. B. W. RICHARDSON in the chair.)*

BY JOSEPH J. POPE, M.R.C.S., L.A.C.,
Staff-Surgeon (half-pay), Professor of Hygiene to the Birkbeck Institution.
(Continued from page 166.)

As an old pupil of such a thorough exponent of sanitary science as our esteemed chairman of this evening, to whose kindly teaching and friendship I owe so very much, and as a student of later years with Professor Parkes, whose name and work in this cause can never be sufficiently acknowledged, I may perhaps be excused for thinking that the proverb, 'Prevention is better than cure,' is as yet but little noticed by the general mass of my professional brethren. They could materially assist in teaching the people how to keep well, but they confine their instruction too frequently to merely getting them well; their advice rarely tends to the cause of sickness and its prevention, but deals rather with its presence and immediate relief. So we find our surveyors, architects, and builders, in whose hands so much of our health, and sometimes even life

depends, failing to consider the vital points in construction and arrangement of buildings. They may not know them, and I dare say many do not, but I trust the time is not far distant when they will have to know them, for the people themselves, appreciating their value and knowing their application, will insist on their adoption and observance.

Opportunities are increasing for the 'middle classes' to avail themselves of instruction in sanitary matters. I believe I am right in saying that at South Kensington, King's College, the London University, and at the Birkbeck and kindred literary institutions, classes are established for the study of both physiology and hygiene. It is hoped ere long to give a distinct importance to these subjects by the opening of the Parkes Museum, and if the already expressed intentions of the trustees and others in authority be carried out, instruction of a truly valuable kind will be fully and freely afforded.

I know of no object more worthy of support, calculated as it is to benefit the mass of mankind both in the present and in the future—a fitting memorial to one whose happiness was centered in the welfare of his fellow-men, and whose life was an unceasing labour for their good. With such an opportunity for practical acquaintance with the various materials connected with sanitation, and the vast choice of popular works that have now been written on the subject of health (none perhaps more popular or more valuable than those from the scientific yet ready pen of Dr. Richardson), it will be our own fault if we remain in ignorance of these valuable facts.

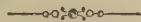
I cannot omit to draw attention to the interest that has been taken in the subject of Domestic Economy by the council of the association under whose auspices we meet to night. They have, in congresses held at Birmingham and Manchester, done all they could to bring the importance of the matter under notice, and they will, I trust, not cease their efforts until the subject of Domestic Economy in all its branches has been efficiently and actively introduced into our systems of elementary education. I would claim for health a prominent position, and may I be forgiven for expressing a regret that this year the subject of health—in common with the other, but I venture to say unimportant, matters in Domestic Economy—has been excluded from a place in the Prince Consort's prize?

I suggest that we can best reach our working classes and our poorer friends through popular lectures, with illustrations, and personal interest in districts and individual families. There are societies which undertake these plans, and amongst them I would ask permission to name that with which I am more intimately connected, 'The National Health Society' (offices, 44, Berners Street). During the year 1877, considerably over fifty popular lectures were given in and around London. Last year sixty-three lectures were given, and having myself considerably assisted in this matter, I am able to say that the audiences have been particularly attentive and apparently most anxious to learn more and more about sanitary matters. It is also pleasing to hear that in some places good results have arisen from such lectures, and practical benefits been already derived. The Society also encourages good work in others not directly connected with them. They offer prizes in physiology, cooking, and swimming. Teachers and scholars, both of the London Board schools and the Public Day Company's schools, have competed, and whilst the committee venture to under-

take such general improvements as opening spaces for the people, utilising and adorning disused churchyards, providing seats in public places, and obtaining playgrounds for the children of crowded districts, they yet find opportunity to come nearer home, and by addressing meetings of mothers, giving them practical evidence of the best way to ventilate a room, cook the food, clothe the infant, or prevent the spread of disease, strive to popularise sanitary science in the most valuable manner.

Then we can each and every one of us assist in this good work, by personal effort. Those of you who believe in fresh air, who are cognisant of the evils of sewer gas, who feel that cleanliness and absence of dirt and refuse are advisable—having secured such blessings for yourselves, try and secure them for your neighbours. The evil influences of any neglect of the ordinary principles of sanitation cannot be localised. They will grow and spread, irrespective of class, rank, or wealth.

We forget this, I fear, and shut our eyes to the fact that as 'the wind bloweth where it listeth,' it can be to us a blast of disease and misery, or the refreshing breeze of life and health. If once we can get this truth fairly acknowledged, there will be no difficulty, I feel sure, in ensuring both the practical and popular teaching of sanitary science, and in obtaining, not only personal, but Governmental acquiescence in its social necessity.



DEATH FROM WALL-PAPER POISONING.

ON Monday, the 14th inst., Mr. Coroner Carter resumed an inquiry at the Alliance Tavern, Sumner-road, Peckham, into the circumstances attending the death of Frank Smith, aged six months, lately living with his parents at 167, Sumner-road, Peckham, who died on Sunday, the 6th instant, from the effects of poison taken on the previous day. The case was adjourned on the 9th instant, for the purpose of having a post-mortem examination made. Eleanor Smith, the mother of the deceased, said that she left him sitting on a chair at the table, playing with a piece of green wall-paper, and, upon going into the room a few minutes afterwards, she found him sucking the colour off it. She at once threw the paper on the fire, and wiped the colour off the child's mouth with her apron. When her husband came home, he noticed that deceased looked very ill, and a dose of castor oil was administered with effect; but he grew gradually worse, and died the next day. Although two doctors were sent for, neither of them attended. Dr. Shillingford, M.R.C.S., 184, Hill-street, Peckham, deposed that he saw the child after death, and found his body very much discoloured, as if from lead poisoning. He made a post-mortem examination, and found traces of a large quantity of lead in the stomach, quite sufficient to cause death. He had also examined a piece of the wall-paper, and found the basis covered with either oxide or carbonate of lead. In answer to the coroner, witness said, he always found green wall-paper prepared with a solution of either lead, zinc, or arsenic. In the course of his summing up, the coroner remarked that he considered green wall-paper ought to be abolished, as it not only contained poisonous matter, but it was very detrimental to health. The jury returned a verdict of 'Accidental death.'

DIETETICS.

BY VIATOR.

(Continued from page 121.)

CHAPTER III.

THE office of all foods seems to be in serving four special and distinct purposes; these being: 1st, the building up of the general organism; 2nd, to supply loss caused by the vital action; 3rd, to replace the waste occasioned by the exertion of the nervous and muscular systems; and, 4th, to supply materials for producing heat, by means of which the general temperature of the body is maintained.

It will appear most evident that the amount of food requisite for the due performance of these several needs will greatly depend upon the state of the body and the habits of each particular individual; since, if there be additional muscular exertion, or an extra strain upon the nervous system, or exposure to the extremes of heat and cold, there will necessarily be an increased demand for food to supply the loss occasioned by these taxative causes.

The value of foods, therefore, depends upon their being able to counteract the losses sustained through the bodily exertions; and this qualitative ability may be designated as their electrical vitality and their nutritive worth. The latter supplying *material*, the former *force*; and only in their possessing due proportions of these essentials can foods be of service in the animal economy.

By the electrical vitality of foods we do not mean any substance connected with nutrition, but rather, as the name implies, an imponderable ever-circulating fluid, or essence, which is most intimately connected with the vital forces of the entire system; and though it remain an open question with physiologists and others as to what is the precise form or nature of the life-force, we are well assured, from numerous experiments, that it is closely related to electricity. But there are as many different forms of electricity and grades of actions as there are dissimilar hues comprehended under the general term *colour*. Objectors may seek to decry such a notion, and even deem it absurd; but, in the absence of all conclusive evidence, we may fairly assume that the vital operations are as closely connected with the electrical forces as are *light* and heat, the external embodiments or material clothing of electricity.

The importance of this most essential condition seems to have been entirely overlooked in the past; for the only requirement thought necessary was to analyse the chemical constituents of the body, and to recommend the consumption of such articles of food as either possessed them or were deemed capable of producing them in the body. But the error of conceiving these as alone necessary, is now almost exploded; and we venture to predict that, with the increased knowledge on these important subjects, there will develop a higher nature, evolving desires and aspirations which the wildest imagining has not yet dared to anticipate.

The nutritive worth of foods consists in their possessing a due and proper proportion of fluids and solids; the presence of fluids being absolutely necessary for the thorough and complete digestion of the solids; besides which, it is estimated that water

constitutes between two-thirds and three-fourths, by weight, of the human body, and the presence of which is essential to all the changes which are continually taking place in its substance. The nutritive worth of foods lies in their power to assimilate, without producing any dangerous or foreign compounds in the stomach; in their being able to protect the system from disease; and in the absence of all artificial stimulants, which only serve to pander to a vicious and depraved appetite.

Foods may be divided into two great classes—the nonazotized, consisting of oxygen, hydrogen, and carbon; and the azotized, consisting of the same elements, with the addition of azote or nitrogen. Both of these classes are obtainable from the vegetable world. The nonazotized compounds are presented to us by the vegetable world most chiefly in the form of starch and sugar, named by physiologists *amylaceous*, because it is known that by a simple chemical process the former may be transformed into the latter. It is, however, principally in the form of starch that amylaceous substances are supplied by vegetables in abundance.

Azotized substances, when incorporated with a percentage of fat, constitute what is technically termed the ‘histogenetic,’ or tissue-forming material both of animals and vegetables. These compounds are, in every particular, of the same composition as the albuminous compounds of animals, and are to be found in plentiful abundance in peas, beans, grains, nuts, and other leguminous plants; and from these provisions of nature man is able to obtain a sufficient quantity of nitrogenous substances for his healthy preservation without having recourse to animal foods for their supply.

There are, however, other azotized compounds obtainable only from the tissues of animals, named gelatine. It has been commonly supposed that these compounds possess exceedingly rare and superior nutritious powers, and because nothing analogous to these compounds was to be found in the vegetable world, the consumption of animal flesh has been insisted upon as being absolutely necessary for the maintenance of physical strength. But from a thorough understanding of the nature of these compounds, as well as from numerous experiments and well-attested facts, we are confirmed in the opinion that gelatine will not, in any wise, contribute to the reparation of the waste of tissue; and that the only office it can perform for the human system is to afford material which may assist in producing heat through physical absorption.

The notions which obtained up to quite recent times that the oleaginous or fatty matters could not be produced from amylaceous compounds, or from a diet of vegetables, fruits, and grains, are now given up by the most advanced physiologists of the day; for it is now a demonstrable fact that there is a power immanent in the whole animal economy which is able to convert sugar or starch into fat, as is evidenced by bees, which form wax when fed upon pure sugar and the saccharine matters of flowers, as well as in the fattening of animals by foods of a similar nature.

But the opinion concerning the real value of azotized or nitrogenous substances has been much amended in late years. Previously it was maintained that nitrogenous foods were indispensable to all those who exerted their muscular system, in order to replace the loss caused by its exertion. It is now known, however, that muscular exertion causes a much greater

demand for, and consumption of, carbonaceous elements than nitrogenous; and this fact is clear from the following considerations: because the wasted particles of tissues are conveyed into the blood through the muscles, and this exhausted material contains a considerable per-centage of carbonic acid, and that a greater amount of carbonic acid is exhaled during muscular exertion than when the body is at rest. Thus, we may say that the body, while performing physical labour, is better sustained on carbonaceous than on nitrogenous foods.

In further support of this assumption we have innumerable evidences from the whole animal kingdom. Those animals who subsist on plants and vegetables are stronger and more enduring than those who live on flesh foods. The same must in equal measure be true of man also; and nations who have been noted for their valour, strength, as well as physical endurance, have, in every instance, lived chiefly, if not entirely, on the original productions of nature, partaking of them as they were presented, uncooked and unprepared.

(To be continued.)

AN ENCHANTED ISLAND.

From ‘GOOD HEALTH.’

A WONDERFUL stream is the river Time,
As it runs through the realms of tears,
With a faultless rhythm and a musical rhyme,
And a broader sweep and a surge sublime,
And blends with the ocean of years.

There's a musical isle up the river Time,
Where the softest of airs are playing;
There's a cloudless sky and a tropical clime,
And a song as sweet as a vesper chime,
And the Junes with the roses are staying.

And the name of this isle is the Long Ago,
And we bury our treasures there:
There are brows of beauty and bosoms of snow;
There are heaps of dust, but we love them so;
There are trinkets and tresses of hair.

There are fragments of song that nobody sings,
And a part of an infant's prayer;
There's a lute unswept and a harp without strings,
There are broken vows and pieces of rings,
And the garments *she* used to wear.

There are hands that are waved when the fairy shore
By the mirage is lifted in air,
And we sometimes hear, through the turbulent roar,
Sweet voices we heard in the days gone before,
When the wind down the river is fair.

Oh, remembered for aye be the blessed isle
All the day of life till night!
And when evening comes with its beautiful smile,
And our eyes are closing to slumber awhile,
‘May that ‘greenwood’ of soul be in sight.

Benjamin F. Taylor.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get ‘the trade’ to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our friends asking generally for *House and Home*, both at the news-vendors, and at the railway book-stalls.

CURRENT OPINIONS AND EVENTS.

'Dilston,' a contributor to the *Newcastle Weekly Chronicle*, gave, last week, some useful information upon 'Sewerage and Water Supply.' He says:

'I think that, with all our boasted engineering knowledge and skill, there are nothing more disgraceful than our sanitary arrangements. From the prince to the peasant, death comes through the elaborate appliances in the palace and the foetid dunghills and ditches and wells about the cottage. The Prince Consort died of typhoid fever. The Prince of Wales nearly died from the same cause. A fine son of the Crown Princess died the other day in like manner. I remember well, after an elaborate system of sewerage had been carried out in Carlisle, Dr. Tait (then Dean and now Archbishop of Canterbury) lost five children in about a fortnight. In all these cases, some old drain was found to be the chief factor in the death-roll.'

Regarding Water Supply, he points out that in most schemes for improving the existing condition of things, villages are generally left out altogether. He is right in speaking a word for rural districts, for the want of water is often more severely felt by villagers in agricultural districts than it is by residents in cities and large towns.

A step in the direction of improving the water supply of rural districts was made by the Public Health (Water) Act, 1878; but the state of the law on the question is still unsatisfactory.

Most people will agree with the Prince of Wales that it is impossible to overrate the importance of the subject; and it is to be hoped that the proposed commission will lead to placing the water supply of the country under a competent authority.

By the decision of Mr. Chance it becomes possible for reserved seats in omnibuses to be secured by regular travellers to the exclusion of the general public. This ruling must be a very satisfactory one to the city gentlemen, but unless busses are specially set apart for such riders, and so labelled, great inconvenience to general passengers will ensue.

On Wednesday, the 23rd ult., a sad case of sewage poisoning was revealed at the inquest held on the body of Emily Bell, one of four children who died within three days at Chelsea. The father, a postman, admitted that the drain had been stopped up for some days, and he also stated that a similar state of things existed next door. Dr. C. De Lacy Evans, the medical attendant in the case, in concluding his evidence before the coroner, said:

'This case adds another to the melancholy list of deaths which result from a want of knowledge, or prompt attention to a few simple sanitary laws, and illustrates the necessity of drains being kept in good order, cisterns regularly and periodically cleaned out, and in a London atmosphere, securely and properly covered in, particularly when we awaken to the fact that neglect of these conditions may be at any time followed by such fatal and melancholy results.'

Drunkenness, commonly regarded as being a national disgrace, is after all capable of subserving a good purpose. It has turned up as a 'mark of identification' in the Anglo-Israel discussion. At Sittingbourne, on Sunday last, a large congregation was addressed upon the subject by an enthusiast, who made a strong point of the great amount of drunkenness existing in England, which, he said, exactly answered to the

description given of the nation which the ten tribes formed, by one of the Old Testament writers.

VALUE OF GRAZING LAND.—The great depreciation in the value of grazing land in West Somerset has been further demonstrated at the annual letting, by public auction, of the grass lands at Nettlecombe Court, late the property of Sir W. Trevelyan, deceased, and considered to be the best in the county. The inclosures contain in the whole 192½ acres. In 1877 they realised £983; in 1878, £885, and now they have only fetched £590, being a reduction in one year of £295, or equal to nearly 33½ per cent., the value per acre being in 1877 £5 8s., in 1878 £4 8s., and this year £3 rs. only.

A CUTE THIEF.

[The following story is supplied by a gentleman who has had it by him in manuscript for forty years; but he does not remember how it came into his possession.]

'Well, what story is it I'm to be telling you?' 'Oh, anything funny.' 'I don't know what I'll tell you. Are you cute at all?' 'I can't say; only middling, I believe.' 'Well, I'll tell you a story of a boy that flogged Europe for cuteness.' 'Well, let me hear it.' 'There was a couple here a long time ago, and they had a son that they didn't know rightly what it was they'd do with him; for they'd no money to get Latin enough for a priest, and there was only poor call for day-labourers in the country. "I'll tell you what I'll do," says the father, "I'll make a thief of him." "But where will you get a master for him?" says the wife, "or who'll take him for an apprentice in such a business?" "I'll send him to Kerry," says the husband; "and I'll be bound he'll come to us a good hand at his business." Well, they sent the boy off to Kerry, and bound him for seven years to a thief that was well-known in those parts, and counted a very clever man in his line. They heard no more of him for the seven years, nor hardly knew that they were out, when he walked in to them one morning, with his "Save all here!" and took his seat at the table along with them—a fine, handsome lad, and mighty well-spoken. "Well, Mun," says the father, "I hope you're master of your business." "Pretty well for that, father," says he; "wait till we can have a trial of it." "With all my heart," says the father; "and I hope to see that you haven't been making a bad use of your time while you were away." Well, the news ran among the neighbours what a fine, able thief Mun had come home, and the Squire himself came to hear of it among the rest. So, as the father was going to his work next morning, the Squire made up to him, and, "Well," says he, "this is a queer thing I'm told about you, that you have had your son bound to a thief in Kerry, and that he's come home a great hand at the business." "Passable, indeed, he tells me, sir," says the father, quite proud of him. "Well, I'll tell you what," says the gentleman, "I have a fine horse in my stable, and I'll put a guard upon him to-night; and if your son be that great hand that he's reported to be, let him come and steal him out from among the people to-night, and if he does, he shall have my daughter in marriage, and my estate when I die," says he. "A great offer, surely," says the poor man. "But if he fails," says the gentleman, "I'll prosecute him, and have him hanged, and you along with him, for serving his time to a thief, a thing that's clearly against all law," says he. "Oh, murther, sir!" says the father, "sure, you know, if a spirit itself were there, he couldn't steal the horse that would be so well guarded." "You'd better go home at once," says the gentleman, "and tell your boy about it, if you have a mind he should try his chance." Well, the father went home, crying and bawling as if all belonging to him were dead. "What ails you, father?" says the son, "or what is it makes you be bawling that way?" So he up and told him the whole business, how they were to be hanged, both of them, in the morning if he didn't steal the mare that night. "That beats Ireland," says the son. "To hang a man for *not* stealing a thing is droll, surely. But make your mind easy, father; my master I served under seven years would think no more of doing that than he would of eating a boiled potatoe!" Well, the old man was in great spirits when he heard the boy talk so stout, although he wasn't without having his doubts upon the business, for all that. The boy set to work when the evening drew on, and dressed himself like an old beggar-man, with a tattered frieze coat about him, and stockings without any soles to 'em, with an old straw hat on the side of

his head, and a tin can under his arm. 'Tis what he had in the tin can; ah, I tell you, it was a good sup of spirits, with a little poppy juice squeezed into it to make them sleepy that be after drinking it. Well, he made towards the gentleman's house; and, when he was passing the parlour window, he saw a beautiful young lady, as fair as a lily, and with a fine blush, entirely sitting and looking about the country for herself. So he took off his hat, and turned out his toes, and made her a low bow, quite elegant. "I declare to my heart," says the young lady, speaking to her servant that stood behind her, "I wouldn't desire to see a handsomer man than that. If he had a better suit of clothes upon him, he'd beat any gent—he's so slim and dilitat." Well, good luck to Mun, he went on to the stable-door, and there he found the lads all entirely watching the mare. I'll tell you the way they watched her. They had one upon her back, and another at her head, where she was tied to the manger, and a great number of them about the place, sitting down between her and the door. "Save all here!" says Mun, putting in his head at the door. "Eh, what are you doing here, boys?" says he. So they up and told him they were guarding the mare from a great Kerry thief they expected to be after stealing her that night. "Why, then he'll be a smart feller if he gets her out o' that," says Mun, making as if he knew nothing. "I'd be for ever obliged to ye if ye'd let me light a pipe and sit down awhile with ye, and I'll do my part to make the company agreeable." "Why," say they, "we have but poor treatment to offer ye, for though there's plenty to eat here, we have nothing to drink. The master wouldn't allow us a ha'p'orth, in fear we get sleepy, and let the horse go." "Oh, the nourishment is all I want," says Mun; "I'm no way dry at all." So in he went, and sat telling them stories until past midnight, eating and laughing; and every now and then he'd turn about, and make as if he was taking a good drink out of the can. "You seem to be very fond of that tin can, whatever you have in it," says one of the men that was sitting near him. "Oh, it's no signify," says Mun, shutting it up, as if not anxious to share it. Well, they got the smell of it about the place, and 'twas little pleasure they took in the stories after, only every now and then throwing an eye at the can, and snuffing with their noses, like pointers when game is in the wind. "'Tisn't any spring water you've got in that, I believe," says one of them. "You're welcome to try it," says Mun, "only I thought you might have some objection in regard of what you said when I came in." "None in the world," say they. So he filled a few little noggins for 'em, and for the man on the horse and the man near the manger, and they all drank till they slept like troopers.

'When they were all fast, up got the youth, and drew on a pair of worsted stockings over every one of the horse's legs, so that they wouldn't make any noise; and he got a rope, and fastened the man I tell you was upon the mare's back, by the shoulders, up to the rafters, when he drew the horse from under him, and left him hanging fast asleep. He then led the horse out of the stables, and had him home at his father's while a cat would be shaking her ears, and made up comfortably in a little out-house. "Well," says the old man, when he woke in the morning, and saw the horse stolen, "if it was an angel was there," says he, "he couldn't have done the business cleverer than that;" and the gent said the same. "Nothing could be better done, and I'll take it as an honour if your son and yourself will give me your company at dinner to-day, and I'll have the pleasure of introducing him to my daughter." "Eh! is it me dine at your honour's table?" says the old man, looking down at his dress. "'Tis just," says the gent again, "and I'll take no apology whatever." Well, they made themselves ready, the two of them, and young Mun came riding upon the mare, covered all over with the best of wearables, and looking like a real gentleman. In they went, and found the company all waiting, a power of ladies and lords, and great people entirely. They sat down and eat their dinner, and, after the cloth was removed, there was a covered dish placed upon the table. "Well," says the gent, "I have one trial more to make of your wit, and I'll tell you what it is. Let me know what it is I have in this covered dish; and if you don't, I'll hang you and your father upon that gallows in front of the window, for stealing my mare." "Oh, murder! d'ye hear this?" says the father; "and wasn't it your honour's bidding to steal her, or you'd hang us? Sure we're to be pitied at, your honour," says the poor old man. "Very well," says the gent; "I tell you a fact, and your only chance is to answer my question." "Well, sir," says Mun, giving all up for lost, "I have nothing to say to you; although far the fox may go, he'll be caught by the tail at last." "I declare you have it," says the gent, uncovering the dish, and what should be in it but a fox's tail. Well, they gave it up to Mun that he was the greatest rogue going, and the young lady married him upon the spot.

"They had the master's estate when he died; and if they didn't live happy, I wish that you and I may,"

'Amen to that, aunt.'

RICHARD REALFF.

By JOHN HILTON.

I THINK the readers of 'An Old Man's Idyl,' by Richard Realff, which appeared in your issue of April 19th, cannot fail to be interested in a few particulars of the life and death of its talented, erratic, and unhappy author. I knew him intimately. He was the son of a rural policeman in Sussex, and first came under my notice as a little page-boy, in the service of Mrs. Dr. Stafford, in Brighton. While cleaning knives and forks he wrote poetry, some of which, through Mrs. Stafford, found its way into the columns of the *Brighton Herald*. A five shilling volume, under the title of 'Guesses at the Beautiful,' was subsequently published, while he was a mere boy. He was introduced to Thackeray, Rogers, Harriet Martineau, Lady Byron, and other *literati*. He became master of one of Lady Byron's county schools—then a kind of missionary among out-cast children, under Mr. Pease, of the Five Points Institute, New York, where he became the star of a literary constellation of that day. He next volunteered into the impromptu army which marched to the defence of the ballot-boxes in Kansas, against the Missouri Ruffians, and became *aide-de-camp* to General Lane. He was the poet-laureate of that army. He here became acquainted with John Brown; he attended the secret convention in Canada, and materially contributed to the decision of the convention to encourage John Brown's enterprise. He was appointed Secretary of State of John Brown's projected Black Republic. Brown's attempt was postponed for two years, during which time Realff paid a visit to England, and lectured on temperance. He was not at Harper's Ferry, but his connection with the scheme was mentioned in Cook's confession before his execution, who said that John Brown thought Realff was dead. He was afterwards examined at Washington and discharged. He entered the United States' army and fought against the South in the Great Rebellion. During an illness he was nursed by a poor Irish girl, who, it is stated, out of gratitude he married. They did not live happily, and separated. He passed through a variety of experiences. He had an appointment under the Government of the South, as a reward for his services, but when it was found he had been connected with the John Brown affair, they rioted and he had to leave the place. He became editor of the *Christian Radical*, in Pittsburgh, till it was merged into the *Christian Times*. He then became sub-editor of the *Pittsburgh Commercial*, still scattering abroad his poems. Was twice chosen by the army to deliver the annual oration on 'Decoration Day.' Joined and lectured on behalf of the Murphy Temperance Movement. He tried for and obtained a divorce from his wife. Married a lady, with whom he was very happy; and subsequently his first wife petitioned, and by a higher court the divorce was set aside. He obtained a position in the Mint at San Francisco. Sent for his (second) wife and twin children, and just when expecting her, his first wife appeared, demanded money and her conjugal rights, etc. He is reported to have been very violent. He was under considerable pecuniary burdens, and his mind gave way. He died by the effects of a dose of morphine, administered by his own hands, at Windsor House, Oakland.

The following 'Sad Farewell,' by his own pen, was found by his side :

'*De mortuis nil nisi bonum.*' * When
For me the end has come and I am dead,
And little voluble, chattering daws of men
Peck at me curiously, let it then be said
By some one brave enough to speak the truth :
Here lies a great soul killed by cruel wrong.
Down all the balmy days of his fresh youth
To his bleak, desolate noon, with sword or song
And speech that rushed up hotly from the heart,
He wrought for liberty ; till his own wound
(He had been stabbed), concealed with painful art
Through wasting years, mastered him, and he swooned,
And sank there, where you see him lying now,
With that word 'Failure' written on his brow.

But say that he succeeded. If he missed
World's honours and world's plaudits and the wage
Of the world's deft lacquey, still his lips were kissed
Daily by those high angels who assuage
The thirstings of the poets—for he was
Born unto singing—and the burthen lay
Nightly on him, and he moaned because
He could not rightly utter to this day
What God taught in the night. Sometimes, natheless,
Power fell upon him, and brought tongues of flame,
And blessings reached him from poor souls in stress,
And benedictions from black pits of shame,
And little children's love and old men's prayers,
And a Great Hand that led him unawares.

So he died rich. And if his eyes were blurred
With thick films—silence ! he is in his grave.
Greatly he suffered ; greatly, too, he erred,
Yet broke his heart in trying to be brave.
Nor did he wait till Freedom had become
The popular shibboleth of courtiers' lips,
But smote for her when God Himself seemed dumb,
And all His arching skies were in eclipse.
He was aware, but he fought his fight
And stood for simple manhood, and was joyed
To see the august broadening of the light,
And new earths heaving heavenward from the void.
He loved his fellows, and their love was sweet ;
Plant daisies at his head and at his feet.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

TENANTS' GRIEVANCES.—BROKEN PROMISES AND BRASSEY SQUARE.

SIR,—
TO THE EDITOR OF 'HOUSE AND HOME.'

To some of us old tenants at Shaftesbury Park the account given of the Company by you in '*House and Home*' is very tantalising. It refreshes our memory, and brings to mind the various promises made which first beguiled us into coming here, when the place was almost a swamp, with no roads or paths, and then kept us here, hoping that things would mend, and the promises made would be ultimately realized. It is quite right that you should give the information, and it ought to have the effect on the philanthropists on the board of keeping them to the promises made

* Speak only good concerning the dead,

to us by the Company. Unfortunately, this is not the case, and we are inclined to ask, 'What is philanthropy?'

Where are our promised baths, library, large hall, flower shows? and, above all, where is our park or open space—Brassey Square? The card puzzlers hawked about the streets at the time of the royal wedding invited purchasers to 'find the Duke,' but it would be a more hopeless task now to find Brassey Square on this estate; and that, too, with Mr. Brassey on the board.*

I know the 'friends of the people' now managing the Company will say they are not bound by the promises of their predecessors as to baths, etc., etc.; but they cannot say this respecting Brassey Square, for when they came into possession the *open space* existed. But these grand gentlemen, who are able to disport themselves in their own parks and gardens, have ruthlessly taken from us our open space, which they are now covering with houses as rapidly as possible; the activity displayed in this direction being a striking contrast with the rate of building operations last year. The slow work *then* was quite a by-word.

Are the directors afraid the Commons' Preservation Association will interfere and prevent this injustice? or do they fear that there may remain *one* occupier whose manhood and independence have not been stamped out by the bluster of bumptious officialism, and who is not cowed by the fear of a 'kick out,' should he dare to say anything; who, having bought a house within a given distance of an open space, resolves not to sit tamely and see it filched from himself and children, but who may move for an injunction to restrain this unjustifiable act?

If any spirit remained amongst the people here they would protest in mass-meeting and other ways against this miserable policy.

Next week, if you give me space, I will say something further about things as I see them on the spot.

April 26th.

Yours, etc.,

SHAFTESBURY PARKER.

PUBLICATIONS.

IS DIPHTHERIA PREVENTABLE?—*Sewage Poisoning: Its Causes and Cure*, by Dr. E. T. Blake; London, Hardwicke and Bogue. The author of this pamphlet has done good service in producing it at the low price of one shilling, containing, as it does, no less than seven pages of diagrams, which add greatly to its value. The drawings are done by the doctor himself, and he has succeeded admirably in illustrating his subject. Taken altogether, we do not know of any similar treatise which so well deserves an extensive circulation. It ought to be read (1) by all physicians, as it would assist them in discovering, and pointing out, the cause of disease; (2) by all surveyors, builders, and builders' foremen, whom it would instruct how to remedy existing defects; and (3) by all householders, who should be able to see for themselves that sanitary improvements undertaken for them are *properly* carried out; since, without this, much of the so-called sanitary engineering is *only a mockery and a delusion*.

Social Notes Concerning Social Reforms, Social Requirements, and Social Progress, edited under the direction of the Marquis of Townsend. *Social Notes* deserves, and ought to command, a wide sale. It deals with questions of social import in a popular and entertaining manner. The illustrated article in No. 59, upon "Shakespeare's Birthday," alone is worth six times the penny charged for this popular periodical.

RECEIVED.

Temperance Manual (weekly, one penny, contains much valuable matter), *The Church of England Temperance Chronicle* (this, the weekly organ of the Church Temperance movement, is an admirable mirror of the operations of the Society), *The Temperance Worker* (a penny monthly, indispensable to 'workers' in the movement), *The Sunday Review* (the organ of the Sunday Society, a movement for the promotion of the opening of art galleries and museums on Sundays).

ARTIZAN'S COMPANY.—We are suspending the publication of our article on this Company for a few weeks, in order to give other matter upon the Improved Dwellings movement of more general interest.

* Our correspondent is in error here. Mr. Brassey resigned in March, 1878, as he found himself unable to attend to the duties of the position.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

Flowers never emit so sweet and strong a fragrance as before a storm. Beauteous soul! when a storm approaches thee, be as fragrant as a sweet-smelling flower.—*Richter*.

A prince favours a man who is nearest to him, though void of learning, of rank, or of probity.—*Hindoo*.

A frothy jest sinks to the bottom of a weak heart; a naked truth cannot get half so far.—*Zimmermann*.

The wise man feeleth his imperfections and is humbled; he laboureth in vain for his own approbation. But the fool peepeth in the shallow stream of his own mind, and is pleased with the pebbles which he seeth at the bottom; he bringeth them up and showeth them as pearls, and with the applause of his brethren delighteth he himself.—*Ancient Indian MS.*

This life, this world is not enough for us;
They are nothing to the measure of our mind.
For place we must have space; for time we must have
Eternity; and for a spirit godhood.—*J. P. Bailey*.

Like a morning dream, life becomes more and more bright the longer we live, and the reason of everything appears more clear. What has puzzled us before seems less mysterious, and the crooked paths look straighter as we approach the end.—*Richter*.

In the ancient laws of Egypt, that the judges might not be imposed upon, and to avoid as much as possible unjust decrees, it was ordained, and the councillors or pleaders were forbidden to use that delusive eloquence which dazzles the understanding and moves the passions; they were to expose and state the plain matters of fact with a clear and nervous brevity, stripped of the false ornaments of reasoning, of wit, satire, or ridicule. If such a practice was adopted and insisted upon in our modern courts, it would not only give them more dignity, but probably more safety, in the justice of their decisions.—*B.*

Liberality with mild language divine, learning without pride, valour united with mercy, wealth accompanied with a generous contempt of it; these four qualities are with difficulty acquired.—*Hindoo*.

Thou canst not better reward a liar than in not believing what he speaketh.—*Aristippus*.

Wilt thou seal up the avenues of ill?
Pay every debt, as if GOD wrote the bill.—*Emerson*.

Nature gives to every time and season some beauties of its own; and from morning to night, as from the cradle to the grave, is but a succession of changes, so gentle and easy that we can scarcely mark their progress.—*Dickens*.

The shortest and surest way to live with honour in the world is to be in reality what we would appear to be; and, if we observe, we shall find that all human virtues increase and strengthen themselves by the practice and experience of them.—*Socrates*.

A king can make a man honourable and right honourable, but he cannot make him a man of honour.—*Fortin*.

I have no patience with people who talk about the thoughtlessness of youth indulgently; I had rather hear of thoughtless old age, and the indulgence due to that. When a man has done his work, let him forget his toil, and jest with his fate if he will; but what excuse can you find for wilfulness of thought at the very time when every crisis of fortune hangs on your decisions? A youth thoughtless, when all the happiness of his home forever depends on the chances or the passions of the hour? A youth thoughtless, when the career of all his days depends on the opportunity of a moment? A youth thoughtless, when his every action is a foundation-stone of future conduct, and every imagination a foundation of life or death? Be thoughtless in any after years, rather than now; though, indeed, there is only one place where a man may be nobly thoughtless,—his death-bed.—*John Ruskin*.

It is a most important lesson, too little thought of, that we learn how to enjoy ordinary life, and to be able to relish our being, without the transport of some passion, or the gratification of some appetite.—*Steele*.

THE HOUSEWIFE'S CORNER.

SCOTCH OAT-CAKES.

Put three handfuls or so of Scotch oatmeal into a basin, with a small piece of butter, and add sufficient water to form a cake. Then, with the hands, press out the cake until it is thin, and roll out with a rolling pin. Have ready a heated girdle, with a little meal sifted over it, and lay the cake on it. When the under side is browned the cake may either be turned, or have the upper side toasted before the fire.

MUTTON BROTH.

Take a pound of neck of mutton, discarding the outer layer of fat, and cut it into thin slices or cutlets. Then set on the fire in a quart of cold water, and boil gently for about six hours. When the water has been reduced by one-half, prevent it from going lower by filling up from time to time with hot water. The fat may be removed by skimming, but the broth will be much more nourishing if barley or some such farinaceous substance is combined with it in cooking.

TO REVIVE BLACK SILK.

Remove all the grease spots in this way: Take a few folds of blotting-paper, and pass a moderately-heated iron over the spot. The blotting-paper must then be removed and replaced with fresh until the stain has been removed. Some use ordinary brown paper, but blotting-paper is best, on account of its absorbent qualities. The process of revival may be pursued as under: Spread the silk on a clean ironing board, and sponge it with a not quite dry sponge dipped in a mixture of beer, water and ammonia. A pint of cold water may be used to a teacupful of liquor in which has been dissolved a lump of salts of ammonia as big as a hazel nut. When this mixture is applied, care should be taken to avoid streaking the silk, and each fold, as the cleansing operation is finished, should be rolled on a roller. When the silk is nearly dry, it should be taken off the roller, shaken out, and rolled again, the rolling and shaking being repeated until it is thoroughly dry. An iron should on no account be used.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page		4	0
do. do., per column		1	10
Back page		5	0
do. do., per column		2	0
Inside pages		4	0
do. do., per column		1	12

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid. Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:— Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

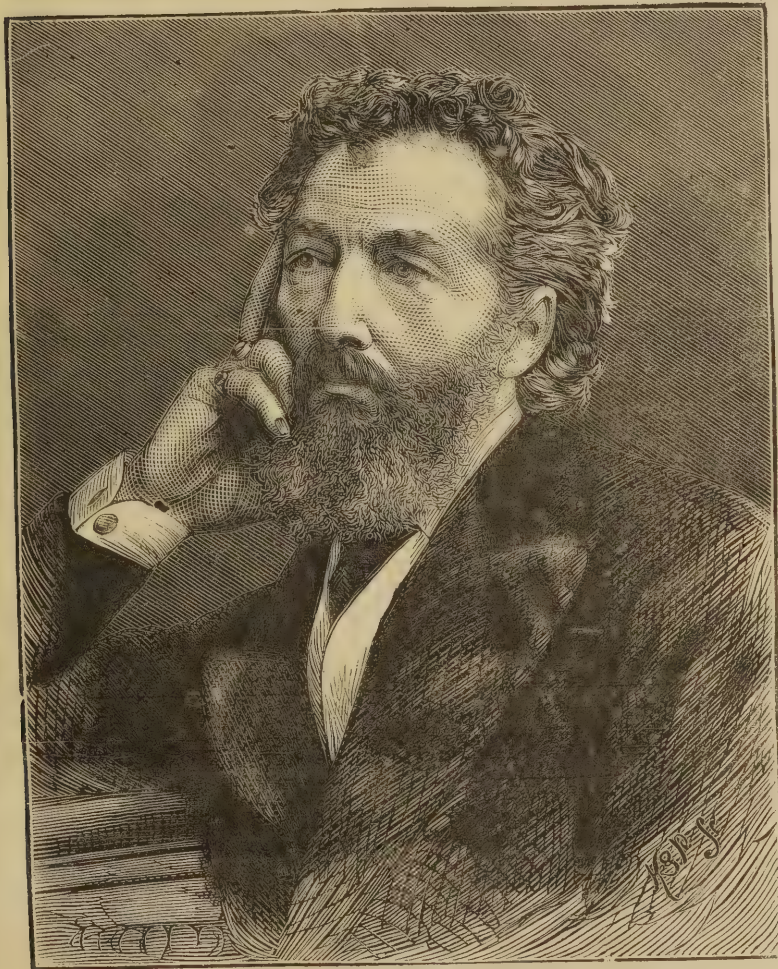
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by **JOHN PEARCE.**

No. 16, Vol. I.]

SATURDAY, MAY 10TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



SIR FREDERICK LEIGHTON, KT.,
PRESIDENT OF THE ROYAL ACADEMY.

CONSTRUCTION
LOAN SOCIETY
NEW YORK

RECEIVED

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MAY 10th, 1879.

CONTENTS.

	PAGE
SIR FREDERICK LEIGHTON, KT., PRESIDENT OF THE ROYAL ACADEMY	187
IMPROVEMENTS IN GLASGOW AND THE CITY IMPROVEMENT ACTS.	
—ORIGIN OF THE ARTIZANS' DWELLINGS ACT	188
CLOTHING, FASHION AND FIGURE, BY JOSEPH J. POPE, M.R.C.S., L.A.C.	190
HARD TIMES AND A REMEDY, BY R. SHIPMAN	191
CURRENT OPINIONS AND EVENTS	192
GOING HOME, BY JOSEPHINE POLLARD	193
HINTS ABOUT HOUSE-CLEANING	193
PROFITABLE POULTRY KEEPING, BY LEWIS J. COLE	193
LONDON SHOP-GIRLS	195
ORIGIN OF THE TERMS WHIG AND TORY	195
PUBLICATION	195
GEMS OF THOUGHT	196
THE HOUSEWIFE'S CORNER	196

SIR FREDERICK LEIGHTON, KT., PRESIDENT OF THE ROYAL ACADEMY.

'The artist is not afraid of the commonplace.'—Motto selected by Sir F. Leighton for title-page of Catalogue of the Royal Academy.

THE popular president of the Royal Academy was born at Scarborough on the 3rd of December, 1830. In childhood he had a strong passion for drawing and painting, and he was encouraged in the exercise of it by his parents; but for some years they opposed his wish to study art with a view of making it his profession.

In Rome, during the winter of 1842-3, he received his first systematic instruction in drawing from a painter, Filippo Meli: and in 1843-44 he entered the Royal Academy of Berlin as a student.

He spent the winter of 1845-6 in Florence, when his father submitted some of his drawings to Hiram Powers, and the estimate formed of them by the celebrated American sculptor was so favourable a one, that the father yielded to the son's desire to be allowed to make painting a profession.

From 1846 to 1848 he studied at Frankfort-on-the-Maine, and the winter of 1848-9 was passed in Brussels, where he painted his first finished picture, representing Cimabue finding Giotto drawing in the fields. The next year or two was spent in Paris, attending the life school, and copying in the Louvre. He then returned to Frankfort, and became pupil to E. Steinle, of Vienna, until 1853.

He spent two or three winters in Rome, occupying his time in diligent study and in painting a large picture of 'Cimabue,' a work exhibited by Sir F. Leighton at the Royal Academy in 1855, and which took the London public by surprise, as its painter was an artist unknown in England. The picture was at once purchased by the Queen, and it was re-exhibited at the

Manchester Art Treasures and the International Exhibitions. It was now evident that the subject of our sketch was an artist of no common ability. After his early and great success he resided for some four years in Paris, where he had the advantage of the friendly counsel of Ary Scheffer, Robert Fleury, and other French painters. Subsequently he has resided in London.

From 1855 he has contributed to the Academy Exhibition pictures which have more than sustained the reputation then achieved, the mere catalogue of which would occupy at least a column of our space.

Sir F. Leighton has also executed many drawings for wood engravers, amongst which were the illustrations to George Eliot's Florentine tale of 'Romola.' In 1864 he was elected Associate of the Royal Academy, and in 1869 an Academician. On the 13th of November, 1878, he was chosen President of the Royal Academy, in succession to the late Sir Francis Slade; and a few days later the honour of knighthood was conferred upon him. Last year, too, he was nominated an officer of the Legion of Honour.

Few Presidents of the Royal Academy have presided over as brilliant an assembly as that gathered together at Burlington House on Saturday last, and graced by the presence of His Royal Highness the Prince of Wales, and four other members of the Royal Family, besides foreign princes, ambassadors, statesmen, judges, artists, and literary men almost without number. Well might the Prince of Wales say of Sir F. Leighton: 'I congratulate him most cordially and most sincerely on the high office he now holds,' and yet more appropriately did he 'congratulate the Royal Academy on having such a man to preside over its meetings,' for undoubtedly the Academy conferred more honour on itself than on its president in the selection of Sir Frederick for that position.

We cannot conclude our sketch of the President of the Royal Academy more fittingly than by reproducing the following eulogium pronounced upon him on Saturday last by the Lord Chief Justice of England:

'In speaking of Sir Frederick Leighton, I cannot do justice to his merits in a way which should express my appreciation of them, or yours, without using language which, spoken in his presence, would seem the language of adulation. Let me have recourse, therefore, to a simple and homely phrase, which I know will express every one's opinion, and say that we are all satisfied that we have "the right man in the right place." I may go further and say that there never was an appointment to an office of public and national concern—and the office of President of the Royal Academy is one of public and national concern—of which the public approval was more outspoken or unanimous. There were others, no doubt, among our many great and renowned artists upon whom the presidentship might fittingly have been bestowed, and who would worthily have filled that chair. But in Sir Frederick Leighton were united all the qualifications which could best fit any man for the distinguished post which he now fills. Painter, sculptor, poet, scholar, finished orator—for such he has shown himself this evening—speaking the languages of half of Europe as if each were his own, possessing the presence and accomplishments which give a charm to social life, it would have been difficult to find any

man possessing in so remarkable a degree the combined qualities which so eminently fit him for the office of President of the Academy. My lords and gentlemen, it would ill become me to enter upon any criticism on the artistic merits of Sir Frederick Leighton. In the first place, I am wholly deficient in the knowledge necessary to such an undertaking. Yielding to no one in enthusiastic admiration of art, I can only worship as one of the uninitiated, and can judge only by results, and by the effect produced on my untrained and unschooled sense of the beautiful. In the second place, on such an occasion as the present, time would be altogether wanting for the purpose. But I may be allowed to remind you with what a series of noble and admirable works the president has adorned these walls and added to the treasures of our native school, since the time when, some twenty-four years ago, the 'Procession of Cimabue' announced, to the agreeable surprise of the public, that a new genius had arisen who was to add to the lustre and renown of British art. I may be permitted to remind the lovers of classic lore with what fidelity and power he has embodied the imaginings of dramatist and poet. He has given a Helen in the fulness of the divine beauty "which upset old Troy," such as Homer might have acknowledged as the Helen of whom he dreamed. We have seen Clytemnestra watching from the battlements for the beacon fires which were to announce the return of her lord, triumphant, but doomed speedily to perish in the toils of domestic treachery, such as Æschylus himself might have depicted her. We have Electra at the tomb of her murdered father, as Sophocles, had he been painter instead of dramatist, might have portrayed her. We have seen the power of music triumphant in the all-but realized redemption of Eurydice. We have seen Hercules struggling with death for the possession of Alcestis. We have shared the woe of the forlorn Ariadne, deceived and deserted by her perfidious lover. But it is not with forms of the heroic type alone that the president has kindled our admiration. The softer forms of beauty and grace of the old world have found in him a happy exponent. The graceful forms of the Grecian girls are before us gathering pebbles on the shore. Who was there of us who failed at last year's exhibition to stand riveted and enchanted by the life-like loveliness, the matchless grace, the radiant beauty of the figures in the "Tangled Skein." Nor is it in the representation of ancient life alone that the president excels. He is at home everywhere. Italian life and story are familiar to him. The procession of the exulting Florentines, proud of their great painter, laid the foundation of his fame. He has shown us the poet of the "Inferno" in his exile—his mighty and indignant spirit chafing under the loss of his loved Florence. He transports us into Spain—the dancing girl, all but living, is before us. We are in the gardens of the Moor and we dream pleasantly of Granada. He conveys us to the Eastern world. We are in the dim mosque of Damascus. We watch the slinger as he scares away the birds. Of the ability to deal with religious subjects we have witness on the wall before us. I must not occupy your time further with these details; but there is one observation I must beg leave to make, because it applies in common to all the works of this distinguished master. In all there is manifest a profound sense of the majesty and dignity of art—a lively perception of ideal and of æsthetic beauty—a refined and highly-cultivated and never-erring taste, which, avoiding all that is trivial and common-place, lives only in the loftier regions of art. In such productions, art ceases to be imitative only. It becomes imbued with the spirit of intellectual life. It becomes the embodiment in outward form of the poetic imaginings of genius. Happy the man who, like Sir Frederick Leighton, can combine the genius and inspiration of the poet with the full perfection of artistic skill! But, not content with the eminence he had achieved in painting, Sir Frederick two years ago again astonished the world by showing that he could be as great as a sculptor as he had shown himself in the sister art. Who does not remember the power, the

living energy of that fierce struggle for life and death between the strong man and the fury of the serpent-monster? Who can wonder that so marvellous a work should have excited the admiration and applause of thronging multitudes at the late Parisian Exhibition? In one of his most celebrated pictures, the first and greatest of the president's predecessors represented the foremost actor of his day between Tragedy and Comedy, as being equally distinguished in both. Some future painter may, perhaps, in like manner represent Sir Frederick Leighton with a canvas on one side filled with some great work, and on the other a statue which, Pygmalion-like, he is waking into life. We cannot doubt that he is destined to leave an illustrious name in both arts.'



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

IMPROVEMENTS IN GLASGOW, AND THE CITY IMPROVEMENT ACTS.—ORIGIN OF THE ARTIZANS' DWELLINGS ACT.

PAPER BY SIR JAMES WATSON, AND THE DISCUSSION THEREON.

(Continued from page 178.)

'The overcrowding which existed previously to the passing of this Act may be learned from the fact that, of 58,003 houses visited in 1866, the year the Act passed, no less than 4,948 were found overcrowded; and such at that time was the scarcity of workmen's houses, that the police were unable to carry out their regulations with effect. The number summoned that year, therefore, only included those of a very aggravated nature—viz., 953. In 1847, the superintendent of police reported, in regard to the numbers living in lodging-houses of a low class, that were he strictly to enforce the Lodging-House Regulations, he would turn out 6,000 persons nightly to the streets. Since the Improvement Act came into operation, however, with the erection of whole streets of houses for the working classes, it will be seen by the following figures how greatly and gradually this overcrowding has decreased, although from the nature of the population it will always to a certain extent exist.

'From 1871, the cases brought before the Police-court for overcrowding, after the magistrates began strictly to enforce the regulations, were :

1871	3,143	1875	1,623
1872	1,741	1876	1,446
1873	1,162	1877	1,247
1874	1,540	1878	1,141

Thus, in 1878, a year of great poverty and want of employment, the cases were not much more than a third of what they were in 1871. So much, I think, for the effect of the Improvement Act on overcrowding.

'The Dean of Guild Court, to which everything connected with the erection and superintendence of buildings and formation of streets is referred, consists of the Dean of Guild as president of the Guildry or Merchantmen, along with three master-tradesmen sent by the Trades' House, three merchants from the Merchants' House,

the Master of Works for the City, the Fiscal or Public Prosecutor, and a legal Assessor. No building can be erected until the plans are submitted, examined, and sanctioned by this Court; and all alterations affecting the exterior of any building must also, before being executed, pass this Court. A supervision is kept over all buildings in course of erection, and when buildings become dangerous they are required by the Court either to be rendered safe or taken down. The decision of the Court can only be appealed to the Court of Session; and such is the care taken in these decisions, that very few are ever appealed. This Court has proved of the greatest service to the community.

'It is evident that no lasting benefits can be derived from Improvement Acts, unless care be taken by sufficient building regulations to prevent the recurrence of such evils as these Acts are intended to remedy. In vain need we spend money to lessen the density of the population, if builders are to be allowed to place erections on every available inch of ground; and in vain do we seek to improve the health and comfort and morality of the people, unless we secure for them a free circulation of light and air. The effect arising from the want of such regulations is shown by the present state of the city of New York, in which it is stated that 500,000 people—nearly half the population of the city—are crushed into a density about double that of the most thickly-populated districts of London. It is calculated that in that same city of New York there are 125,000 children under five years of age, only one in ten of which reach the age of maturity, and where nearly all the criminals that infest the city have now congregated.

'We come now to inquire at what cost this has been effected. In a careful estimate, made up by me with the aid of Mr. Morrison, now the intelligent and able chairman of the committee, and Mr. Nicol, the city accountant, we made out the whole cost of these improvements at 31st May, 1877, to amount to £178,462, arising from waste rents, interest of ground for a time unbuilt before being sold, Parliamentary expenses, and expense of management. The result was made up as follows, viz.:

Ground sold and on hand as valued...	£1,647,332
Ground sold and paid for ...	1,612,504
Difference ...	£34,828
So that these pay for themselves. There have been,—	
Taxes raised ...	£283,462
Taxes to be raised at 2d. per pound ...	80,000
	£363,462
Deduct price of a public park ...	40,000
Ground thrown into streets and open spaces, valued at ...	100,000
Paving streets and construction of sewers...	65,000
	250,000
Loss ...	£158,462
Contingencies ...	20,000
The whole charge to the city ...	£178,462

'On consulting with our city architect as to the operations of the Trust since this estimate was made up, I find he considers that the present state of the Trust, if estimated, at present will still come very near what I have stated.

'The last point to which I would allude is the manner in which the displaced population has been provided for. It has been shown by the chairman, Mr. Morrison, that during the first ten years after passing the Act, say until the middle of the year 1877:

The population displaced was ...	28,956
Add natural increase of population requiring accommodation, say 9,000 annually for ten years ...	90,000
	118,965
To meet this there have been provided within the municipality ...	202,302
Outside the municipality and within half-a-mile radius of the city, accommodation for at least ...	100,000
	302,302
	183,337

Showing that the supply is in excess of the demand by nearly 200,000. While this provided for all who were able to pay a moderate rent, it entailed considerable hardship on a class belonging to a lower stratum who lived in small houses and rented at

£2 10s. to £3 per annum: such as widows with young children, old and infirm persons earning small wages, hawkers and single women, having the old Scotch independent spirit, that they would rather starve than go into a workhouse. Accommodation has been found for these, viz.:

'First.—By a number of tradesmen vacating their old and removing into the newly-built houses.

'Secondly.—By converting large dwellings in the older parts of the city into single and double apartments.

'Thirdly.—By the erection of model lodging-houses, where parties unable to keep a house are provided with lodging, including fire, gas, and cooking utensils, at 3½d. per night, or 1s. 9d. per week—Sunday gratis—thus enabling them to live with more security and in a better atmosphere than in their old domiciles. As yet there has been no case of infectious disease.

'There are now five of these houses belonging to the Trust, and two more in course of erection. Cost of the whole estimated at £80,000. They are all well frequented, and are self-supporting.

'The proceedings I have described attracted the notice of Mr. Cross, the Home Secretary, who requested information as to details. He afterwards visited the scene of these operations, and as the result, brought in and passed the Artizans' Dwellings Bill, which promises, if taken advantage of, to be of great value to our large cities. It is deeply to be regretted, however, that so very few of them have as yet done so, although in many the reforms to which I have alluded are loudly called for. It is not for me to individualise these, but they must be known to many of the members of this Institute. The first that stands out prominently, as shown by Mr. McCullagh Torrens, in an able article in 'Macmillan's Magazine,' for this month, is the City of London. In this article, after alluding to the frightful state of several districts, he points out with great force the necessity of restoring the Act of 1868 for the pulling down of old houses, etc., to what it was as passed by the Commons, whereby power was to be given to municipal authorities to compensate the owner for the fair value under the Land Clauses Act, and to build workmen's dwellings with money borrowed at four per cent., charging it for a time upon the rates. This, however, should by no means supersede the putting in force of the Artizans' Dwellings Act. Much is being done to educate the people, but I can conceive nothing more likely to frustrate such exertions than to have large masses driven into wretched dens and hovels from which an *émeute* in times of bad trade or political disaffection might be attended with serious consequences.*

In the discussion which followed,

The President observed that it seemed to him that the most important part of the question with which Sir James Watson had dealt was contained in the latter part of his paper, and had reference to the dwellings of the very poor. Sir James's paper showed how to solve the great problem of diminishing overcrowding by demolishing insufficient, dilapidated, and unhealthy buildings, and replacing them by dwellings which the poor could afford to pay for, and which were healthier and better. In London, the great difficulty was how to house the very poor; indeed, the difficulty was insuperable, and could not be overcome by companies such as that over which Sir Sydney Waterlow presided, inasmuch as the provision of adequate and healthy dwellings for the very poor, at the low rents which they were able to pay, was not commercially remunerative. Experience had shown that there was no difficulty in housing the artizan classes at remunerative though cheap rates. The various companies and societies which were doing this were doing a great work, and they ought to receive every possible encouragement at the hands of public bodies and local authorities. For instance, companies such as that over which Sir Sydney Waterlow presided ought to be helped by the Metropolitan Board of Works in the acquisition of sites at a cheap rate, in consideration of the advantages which their operations conferred upon the community. Indeed, it would probably be found to be a paying policy in the long run to give away the sites for such buildings, in order that the poor might be properly housed. Again, the gas and water companies should remember that they had social duties to perform, and that they ought not to charge for gas and water supplied to large blocks of model buildings on anything like the same scale as that which was supplied to ordinary houses. If some such ameliorative principles as these could be laid down, he thought Mr. Cross's Artizans' Dwellings Act would have some chance of that speedy success which was essential to meet the wants of the poor of the metropolis; and he believed that the public at large would feel the benefit of these seeming sacrifices in the

* The Number of the Transactions of the Institute containing this paper includes a large number of illustrations, and can be obtained at small cost.

saving of the spread of disease, crime, poverty, and wretchedness which was otherwise inevitable, as had been shown by Sir James Watson. In conclusion, the chairman called upon Mr. McCullagh Torrens, M.P., who had, in the current number of *Macmillan's Magazine*, shown how the Act of 1868 could, with certain modifications, be made a much more successful and useful measure than it had hitherto been.

Mr. McCullagh Torrens, M.P., said that although no doubt the public bodies referred to, and the companies and societies similar to those over which Sir Sydney Waterlow presided, could do and had done something in the matter, their efforts must continue to be utterly inadequate to meet the necessities of the case. What was wanted was the ready and effective assistance of Parliament. Sir Thomas Chambers and Mr. Goldney were now co-operating with him in asking Parliament to reconsider the question this session, and to amend the Act of 1868 with which his (Mr. Torrens's) name was identified, although it was not passed in the shape in which he introduced it, inasmuch as it was altered in its passage through Parliament, until its effect was to destroy without rebuilding; in other words, it allowed local authorities to use the pick-axe, but withheld the trowel. The result, after a lapse of eleven years, was that acres upon acres of ground (sites of former unhealthy dwellings which had been cleared under the Act), were now lying vacant, and that in the most thickly-built localities. The very fact that this was the case was a great scandal, and he would leave it to every one, whatever his political and social leanings might be, to judge what must be the terrible effect upon the minds of the men, women, and children who, more densely packed in their miserable rooms than before the operation of the Act, could look daily and hourly upon the waste ground created by law—ground which formerly afforded roofoage and shelter of some sort, however bad. He ventured to appeal to the Home Secretary, to whose keeping were confided the safety and good order of the metropolis, to go and visit, either in person or by his inspectors, the more-than-ever over-crowded tenements in the neighbourhoods where there were vacant sites formerly occupied by unhealthy dwellings, and he would there see where the seeds of anarchy, disorder, and unbelief—everything which we had to apprehend in the future—were being sown. It behoved all interested in this question to use their utmost influence in urging Parliament not to let another session pass without doing something towards providing an effective remedy for this state of things. The Bill which he, in conjunction with Sir Thomas Chambers and Mr. Goldney, had introduced into the House of Commons was intended to supply the defects and omissions of the Act of 1868. They, however, were not wedded to words, and if the Bill could be improved and made more effective, so much the better. But whatever was done must be done without delay, for masses of the people were, through the supineness of Parliament, living in a state of horrible and miserable aggregation, as he should show the House of Commons on the 7th of May. The efforts which had been made by Sir Sydney Waterlow's company and Lord Shaftesbury's association were very commendable, and agencies of that kind could do much where the local authorities were willing to co-operate; but what was wanted to cope with the evil was to impose upon local authorities the duty to systematically remove all unhealthy and hopelessly dilapidated dwellings, and to facilitate their replacement by habitable tenements. He was of opinion that this duty would be better performed by the various local vestries and district boards than by a central body such as the Metropolitan Board of Works, and, therefore, the Bill now before Parliament would, in that matter, proceed upon the lines of the Act of 1868, the principal alteration being, that whereas the Act of 1868 only gave power to demolish unhealthy dwellings, the Bill of 1879 proposed to impose the duty of facilitating the erection of new dwellings to take their place. Mr. Cross's Artizans' Dwellings Act, 1875, though an admirable and very well-intentioned measure, could not, after an experience of four years, be said to have effectually met the requirements of the case. It was one of the cruellest pieces of hypocrisy imaginable to sanction the removal by wholesale of the dwellings of the poor for railway and street improvements, or to compel the removal of unhealthy dwellings on sanitary grounds, and then to say that the working-man 'went out of town' to live. The only effect of such wholesale demolitions was to aggravate the evil of over-crowding, for to large masses of the working population it was vitally essential that they should live within easy distance of the factories and shops in which they were employed.

(To be continued.)

HYGIENE.

CLOTHING, FASHION AND FIGURE.

By JOSEPH J. POPE, M.R.C.S., L.A.C.,

Staff-Surgeon (half-pay), Professor of Hygiene to the Birkbeck Institution.

A LECTURE on 'The Clothes we Wear,' was delivered on Monday, the 28th ult., at the Mission Hall, Great Ormond Yard, by Mr. Pope. At the outset he remarked that man was the only animal wearing clothes. Not being provided with external means of maintaining warmth, he suffered from any lengthened exposure to a low temperature. Natural heat with a healthy man was always ninety-eight degrees, as marked on an ordinary thermometer, and that heat was produced in just as simple a manner as that which resulted from a common fire or a lighted candle. As a human being he could not exist without clothing, and just in proportion as he became more or less civilized, associated with his fellows, and dealing in commerce, so he engaged in manufactures, made discoveries, built houses, and put on clothes. Food, and food alone, however, was the legitimate cause of warmth in the body. Clothing was regulated according to the external variations of temperature, and diet should be regulated in the same manner, clothing being looked upon as only supplementary. After speaking of the four natural products which supplied us with our materials for clothing—viz., cotton, linen, silk, and wool, the latter, 'undoubtedly the best of all,' Mr. Pope urged his hearers not to overlook the fact that wool could be woven into the softest gossamer-like garment and yet retain its sanitary properties. He thought it would be well if manufacturers tried more experiments in that direction. Water-proof clothing was most unhealthy. India-rubber was a valuable discovery, but as a garment was open to serious objections. It not only kept out wet, but it effectually kept it in, so that wearers became under the least exertion thoroughly damp in the whole of their clothing. The dangers, in fact, were more subtle and effective than if drenched by rain. Goloshes were equally as bad, the feet being never perfectly dry, and therefore never perfectly warm. Leather made an extremely warm clothing, but was also liable to retain perspiration. It should not be worn without flannel underclothing, and then not for a permanency. Common paper maintained heat in the body, and it was a material that deserved special notice. It mattered not whether white or brown, or even newspaper. It had a similar warmth-maintaining property to wool, and had the further advantage of being cheap and light. 'To the poor'—we quote Mr. Pope's own words—'the use of paper is invaluable as an addition to their clothing, frequently thin and ragged. Ordinary newspapers tacked together, and strengthened by calico, however coarse, or a worn-out bed-quilt, will make warm and comfortable bed-clothes. Brown paper sewn inside the waistcoat or back of the jacket will render a top-coat unnecessary, and a labouring man's wife can be as warm and cozy in a quilted paper petticoat as any duchess in her eider down and furs. Wadding, in as thin a layer as you please, quilted between thick paper, will protect our chest and back through the coldest season. There is no need to spend our money on patent appliances or ex-

pensive luxuries. We have used paper for some time as a substitute for linen or calico, in the production of ornamental clothing, as cuffs, collars, and shirt-fronts. Let us more fully recognize its true value as a warmth-maintaining material, easily obtained, and more easily employed than most woollen manufactures.' To ensure the best results from wearing clothes, it was necessary to attend to colour and thickness of material. Colour regulated the effect of the sun's rays, and also the radiating power of the body itself. White reflected heat best and absorbed it least. It also threw off heat already in possession, at a much less rate than darker colours. Colours considered in that way were classified as follows: White, grey, yellow, pink, blue, and black. So that white was really the best at all times. In sinking all thoughts of comfort and advantage to be saving, people forgot one important sanitary fact in their present system of wearing coloured and dark clothes, and that was, that colour might *hide dust*, but it did not *prevent it*. In dealing with articles of attire, the lecturer remarked that no head-dress should weigh more than five or six ounces. Hats should not press on the head, and they should be well ventilated, or made of porous material. Felt (first used for hats in 1400), was much better than silk or beaver. A straw hat was better still, and could be worn without danger. 'Chimney-pots,' with hard, unyielding sides, ugly, heavy, and tight, were perhaps the most unsuitable head-dresses ever devised. It merely wanted united determination to reject such evils, and the sensible soft 'broad brim' or the perfect 'Glengarry' would soon rule the fashion. Ladies had the best of it as far as head clothing was concerned, though fatal mistakes were made by their wearing heavy combs, plaits, and chignons. Freedom from pressure and weight was an essential in all coverings of the human body, and in no part more particularly so than the head. The neck was more important than the head, being the seat of the great blood vessels. Stiffly starched collars and thick neckties were serious evils. It was a common error to wrap up the throat as a protection from cold. On every account, mechanically and physiologically, the neck—not the upper part of the chest—should be bare and free. 'Comforters,' so called, were 'crying evils.' The wrists, hands, and feet should be covered in order to feel warm. All clothing should be as loose as possible about the chest and waist, so that the lungs and heart might have full play, and the natural functions of the stomach and liver not be impeded. The girdle of beauty was not a stay lace. Any compression of those vital organs meant shortened breathing and a lengthened doctor's bill. If girls were brought up not to wear stays they would be stronger and able to support their bodies themselves. Anatomically the practice was a danger, and artistically a blunder, for no one ever saw a statue of Venus represented with a wasp waist. The only benefit to be ascribed to 'tight lacing,' said an eminent physician, 'is that it kills off all the *foolish* girls, and leaves only the *wise* to grow into women.' Perhaps no part of the human frame had been so cruelly treated by custom and fashion as the foot. Boots and shoes should be made to fit the foot, and not the foot squeezed into the shape of the boot. It was better to measure *both feet*, as it frequently happened that one foot differed slightly in size and shape from the other. High heels worn by some fashionable ladies—and he feared many young men—upset natural balance, and more

seriously still injured the structure of the feet and muscular power of the legs. By way of proper precaution in the use of clothing, Mr. Pope said that short sleeves and bare legs for children was a great mistake. 'Hardening' children, as it was called, was a fallacy. John Hunter gave three simple rules for the rearing of babies, and they were worth a place in every nursery. They were, 'Plenty of sleep, plenty of milk, and plenty of flannel.' Grown up people, too, ran great risks in the matter of exposure. Low dresses were an abomination. Consumption more frequently made its appearance in the apex of the lungs than elsewhere, and therefore warmth should be secured by high dresses and double-breasted waistcoats. After a few other practical observations, Mr. Pope concluded his valuable address by saying that if his hearers acted upon the suggestions he had offered, they would certainly enhance health, even though they sacrificed 'fashion.'



DIETETICS.



HARD TIMES AND A REMEDY.

THERE is at the present time more trouble and suffering than has been seen in England for many years. Trade is in a state of depression; consequently working people have to take lower wages, and there is a cry of distress throughout the land.

Practically speaking, what are we to do in these hard times? The obvious thing is to economise, so as to make what we have go as far as possible.

The first thing is to cut off all unnecessary expenses, and to dispense with all things which are utterly useless and even hurtful.

Wine, spirits, beer, and tobacco are things we can easily do without; they are not necessities of life, and it is a mistake to suppose that they either give actual strength to the body, or that they clear the mind; there is one thing certain, they clear the pocket, and there is no mistake about that. No one ever was the worse for abstaining from these luxuries; but we often hear of persons being the worse for indulging in them.

Then, as to food: Why eat a costly kind, when cheap kinds are really better?

The most expensive kind of food is flesh, but neither flesh, fish, nor fowl are ordinarily necessities of life.

Millions of people live very well without them. Many even of our English people have never tasted the flesh of any animal.

The original source of all food is the vegetable kingdom.

The flesh of every animal is made of vegetables, directly or indirectly.

Sheep and oxen live on grass, turnips, etc. Lions and tigers, which eat flesh, and men who eat beef and mutton, eat the same substances secondhand; in fact, flesh is merely the proximate principles of vegetables transferred through the body of an animal.

The flesh-forming element, for which flesh is supposed to be eaten, exists in the cereals, such as wheat, oatmeal, barley, rice,

maize, etc., more in the proportions that the human body requires than it does in flesh; and pulse, such as lentils, haricot beans and peas, contain it in larger proportions even than flesh-meat does.

Sufficient variety of nourishing and wholesome food is to be found in the cereals, fruits, and vegetables, and they are not nearly so costly as butcher's meat.

A plate of oatmeal, or wheatmeal porridge, or whole meal bread, eaten with stewed fruit, such as apples, figs, prunes, raisins, etc., make a far more nourishing breakfast than a piece of fat bacon and fried eggs, and not so liable to contain the germs of disease as flesh; and they can be had at less than one-fourth the cost.

Wheatmeal, oatmeal, fruits, vegetables, etc., can be combined and cooked in numberless ways; and this simple wholesome diet does not require a dreadful slaughter-house, a greasy butcher, a messy kitchenmaid, nor high wages.

Then why crave after a food which is costly, inferior, stimulating, and exciting, while there is an abundant supply of food which is equally nourishing, pure, simple, and cheap?

Keep the head cool by abstaining from alcohol and tobacco; keep the feet warm by exercise, and the tongue clean by moderation in eating the simplest and most natural and purest food.

If in low spirits, pray just take a glance at your tongue, and it will probably tell you that the stomach has been overworked by your over-eating or drinking, and it, like every other organ of the body, requires rest; then give it rest, and in the meantime take freely of oxygen, in the form of water and by breathing pure air, and keep a clean skin—then melancholy feelings will flee.

Suicides and murders are ninety-nine times out of a hundred committed when the tongue is foul. These are the principal means whereby to obtain that health which alone ensures happiness, peace, and wealth.

R. SHIPMAN.



CURRENT OPINIONS AND EVENTS.

LORD BEACONSFIELD, in speaking at the annual banquet of the Royal Academy, partly apologised for the meagre encouragement afforded by the Government to the fine arts, but he assured his hearers, on behalf of the Ministry, that 'we can at least offer to the artists of England our sympathy, and to their works our admiration.'

The definition of a literary critic given in *Lothair* will be familiar to our readers. His lordship reproduced the idea on Saturday last, and applied it to the art-critics. He said, 'I will venture to observe that failure is not greatness; though failure seems the qualification for some to lecture their more fortunate brothers.'

Mr. Froude congratulated the artists assembled upon the

fact that their works could not be pirated in America. For, said he:

'Science, fortunately for you, has not yet discovered a means by which a picture can be multiplied in its full perfection; only one person can possess an original picture, and you have this advantage of the American eagerness to possess themselves of your beautiful productions. A book, unhappily for us, is in another position. (Hear, hear.) Hundreds of thousands of perfect Tennysons are scattered over the American Union. The Americans have been so eager for the poetry that they have forgotten the poet, and Mr. Tennyson for many years had to be contented with fame and honour as his only reward.'

But he went on to say that a better state of things might be hoped for in this respect, as the Americans are considering how to do justice to English authors. And he remarked:

'Of course we are very glad to hear it. We do not indulge in visions of fortune "beyond the dream of avarice," but we have not considered our trade, whatever its other merits, as an extremely lucrative one, and we should be well pleased with the small additions which might fall to us from this quarter. A cloud, unfortunately, has come over the prospect, from a quarter where we should have least looked for it. Excellent people in high positions have discovered that the English world is threatened by a gigantic monopoly. Copyright is protection. Protection is an economic heresy. Copyright in England is bad enough; an Anglo-American copyright will rob the world of the inestimable blessing of cheap literature. There must be free trade in books as in anything else. Free trade is the first article of the orthodox faith. I am myself perfectly willing to subscribe to this and all the other articles of the economic faith. I believe in Free Trade, except when my own interests are concerned. (A laugh.) But I submit that we ought to be paid for our work somehow, and, if not by protection for a certain number of years, then how are we to be paid? We ask if we are doing our work badly. Not at all, is the answer. Your crime is that you are doing it so well. Your books are so good that the public want them cheap. They are the instruments of public education. They are so excellent that the people must have them on easy terms. You are robbing them by your monopolist prices of their spiritual good. We ask what is to become of us then. They tell us blandly that we ought to be influenced by higher motives than money-making. Better books were written before copyright was invented than are written now, and better books will be written when it is done away with. Too much money is bad for the intellect. (A laugh.) Literature will be all the better for the discipline of poverty. Authors, I should say, are poor enough already. Official persons in England have had very odd notions at various times about the encouragement of letters. I was turning over only yesterday the leaves of a calendar of Treasury Papers just published. I find that in Queen Anne's time it was gravely proposed that men of letters should be allowed to import a hogshead or two of tobacco annually free of duty. (A laugh.) This, it was thought, would tend greatly to the promotion of good literature. Very kind—indeed, the allowance might be thought decidedly liberal. But we do not ask even for the tobacco; we ask only to be let alone, and to have the same protection as is given to other kinds of property. Let us and the Americans come to an understanding, and I think literature will thrive better than under the discipline proposed. (Cheers.) If it cannot be, if we are to be sacrificed to the ruling formulas, if we are to be handed over to bread-and-water diet, I hope still that some of us may survive to deserve and enjoy the generous hospitality of the Royal Academy. (Loud cheers.)

The Commissioners of the Westminster Free Library, in their report issued on Monday last, state that year by year the numbers who avail themselves of the institution increase largely, and every grade and class of persons have benefited by the 'Lending Department.' To the chief reading-room, situate in Great Smith Street, the visitors during the year numbered 136,799. The borrowers from the lending department have had during the year 79,121 volumes. The borrowers include mechanics, labourers, policemen, office and errand boys, and in-door and out-door servants.

GOING HOME.

BY JOSEPHINE POLLARD.

'Twas six o'clock, and from many a tower
The bells right merrily pealed the hour,
And factory whistles with scream and shout,
Joined in like children from school let out.
The belt was thrown from the driving wheel;
Pulleys and bands, at the final peal,
Were eased from the burden that daily prest,
And looked as if they were glad of rest.

Out of a factory, wan and weak,
Comes little Jamie with pallid cheek,
And step so feeble; the crowd moves on
And leaves him out in the street alone.
They are going home! He shudders to think
What a home is his since the curse of drink
Began to be felt, and no gleam of joy
Ever crossed the path of the wretched boy.

His father a drunkard! His mother dead!
The children starving for want of bread;
And he, though he labour from day to day,
Unable to keep the wolf away!
Too hard the struggle! too great the pain,
That presses on Jamie's heart and brain,
And the homeward path he is loath to tread,
For he can but think of his home with dread.

'Twas after six when poor Jamie crept
In a quiet corner out doors and slept,
And had such a lovely dream—a smile
Of joy stole over his face the while.
The poor little face, so pinched with care,
And full of the wrinkles the aged wear,
Took on fresh beauty as still he lay
In a lonely corner so near Broadway.

The night came on, and few hurrying feet
Were heard on the almost deserted street,
And the shadows closely and darkly crept,
Behind the angle where Jamie slept.
And wrapped in their blankets' fleecy fold
He was not conscious of being cold:
Free from hunger, from pain and dread,
He slumbered on in his narrow bed.

They found him there at a later hour—
Half-past eight by Trinity's tower—
And the watchman, giving the lad a shake,
Said, 'Come, get up!' but he could not wake.
For loosed from the earthly bonds of clay,
The suffering spirit soared away,
And while he was dreaming release was given,
And Jamie went home that night—to heaven.

Christian Weekly.

HINTS ABOUT HOUSE CLEANING.

I.

IN a general house cleaning, carpets that do not require to be taken up should be loosened at the edges, and the dust removed therefrom, and a good look-out made for moths. If there are any traces of moths, wash the floor with benzine or spirits of turpentine, and put the carpet down quickly, and the insects will get their quietus.

Straw matting should be washed with a cloth dampened in salt water. Take care to wet it but little, for if matting is

soaked through, it is liable to become brittle and soon give out. If Indian meal is sprinkled over it, or damp sand, and then thoroughly swept off, it will operate with good effect.

In washing windows, a narrow-bladed wooden knife, sharply pointed, is the best thing with which to take out the dust that harbours in the corners of the sash. Dry whiting will polish the glass nicely, and a weak black tea, with some alcohol, is the best liquid with which to wash the glass. For a few days before the cleansing takes place, save all the tea-grounds; then, when needed, boil them in a tin pail with two quarts of water, and use the liquid on the windows. It takes off all the dust and fly specks. If applied with a newspaper, and rubbed off with another paper, they look far better than if cloth is used.

If there are old feather beds in the house, and no machine renovator at hand, put them out in the first heavy, drenching rain that falls. Let them become thoroughly wet, and then turn the bed several times; then dry them in the sun, and when one side is perfectly dry, beat it with sticks to lighten up the feathers, and turn up the other sides to dry; either placing boards under it, or putting the beds on the piazza roof, if one is at hand.

To take out the stains from either mattresses or feather beds, make a paste of soft soap and starch, and spread over the spots; when dry, scrape off with a knife, washing it with a damp sponge as it falls off; if not clean, put on another paste. This application, if repeated frequently, until all discolourations are gone, will purify any bedding. Cockroaches can be kept away with powdered borax. Keep it in a tin pepper-box, and sprinkle it wherever they go. Paris green is recommended, but it is a poison, while the borax is harmless. Sprigs of wintergreen or ground ivy will drive away small red ants, and branches of wormwood will make black ants 'vamoose the ranch.'

Scald your bedsteads in the hottest soapsuds you can apply; if there are traces of bugs, apply kerosene with a small paint brush. It is a sure cure. Tenants of city houses are often annoyed by bugs and cannot tell whence they come: Perhaps the border of the wall-paper might divulge their source, or the cornices of the windows disclose their haunts. Again apply kerosene, and they will no longer trouble you. Carbolic acid may be applied. If pure, the odour is not so disagreeable as that of coal oil.



PROFITABLE POULTRY KEEPING.

BY LEWIS J. COLE.

I HAVE been somewhat interested in the calculations and opinions expressed by your various correspondents on the above question. It is undoubtedly a subject of some importance, seeing that we annually import into this country five hundred millions of eggs, at a cost of about three millions of pounds sterling. This is rather a startling fact when we consider that the whole of the money might be retained in this country, if people only knew how easy it is to make keeping of fowls pay. On going over the figures of your contributors I was struck with the fact that they are mere calculations based on theory, and that they hardly contain one single element of the practical. I send you a few figures, based on facts, and arranged as simply as I can:

CAPITAL ACCOUNT.

2,000 hens at 3s.	£300	0	0
200 cocks at 5s.	50	0	0
100 capons at £1	100	0	0
Henhouses	250	0	0
Heating apparatus	100	0	0
Fencing for breeding purposes...	50	0	0
Sundries...	100	0	0
Cash in hand	50	0	0

£1,000 0 0

INCOME.

400,000 eggs at 1d.	£1,666	13	4
4,000 chickens at 2s....	400	0	0
2,000 hens at 2s. 6d.	250	0	0
20 tons of dung at £2	40	0	0
			£2,356	13	4

EXPENDITURE.

2,300 fowls at 5s. each per annum	£575	0	0
4,000 chickens, 16 weeks, at ½d.	}	...	133	6	0
each per week			
2,000 ditto, 6 months at ½d.	}	...	100	0	0
each per week			
Horseflesh	200	0	0
Wages	100	0	0
Rent	50	0	0
Interest	50	0	0
Coals and sundries	50	0	0
Net profit	1,098	7	4
			£2,356	13	4

In order to make them clear to everyone, I will explain, as briefly as possible, the above figures. As regards the capital account, two thousand hens at 3s. each is rather a low estimate, as it is cheaper in the end to keep the best breeds rather than 'all sorts,' because good layers and good flesh producers cost no more to keep than the commonest of fowl, but this item of £300 would become a credit to the capital account in the second year, as no hen-farmer would buy when he could raise stock at less than one-third the cost, which cost I have included under the head of expenditure. Two hundred cocks would be necessary, and two-year-old birds would probably cost fully 5s. each, and would be serviceable for three years, when stock raised would take their place. I credit nothing to income on their sale, as a five-year-old cock would be rather tough, although I believe many have their spurs removed and are sold as 'spring chickens.' If the use of the 'artificial mother' is not adopted, capons are much better than allowing the hens to raise their own brood, as a capon, when trained, will take charge of 30 or 40 chicks. Heating apparatus is necessary in the hen-houses, if you wish your hens to lay during the winter, as they must be kept warm. The other items explain themselves. In the statement of income, the number of eggs may appear an extravagant estimate, but in Stephens's 'Book of the Farm,' your readers will find that in an egg-producing establishment near Paris, where 100,000 hens are kept, the average number of eggs produced by each fowl is 300 per annum. My calculation is 200 for market purposes, and say 20 or 30 for 'setting.' Four thousand chickens may be easily raised for market, and they would readily bring 2s. each. The two thousand hens of last year could be sold for 2s. 6d. each. Here I may mention that no hen should exceed twenty months

before being disposed of, as their first adult moult will then take place, and keeping them becomes unprofitable, as they do not begin to lay again for a month or two; and every year their moulting is more severe and prolonged. The dung is an item that I have very much under-estimated, as Stephens calculates it at 7s. per cwt. In respect of the expenditure account, I estimate that fowls on an average can be kept for 1d. per week, winter and summer, if they have a fair run in summer. The chicken should not be allowed to exceed sixteen weeks—up to that time they cost not more than ½d. per week. They should then be penned and fattened in 14 days. The two thousand kept unprofitably until six months old, are, of course, the next year's stock of hens. These should be hatched not later than March or April, and when six months old, with proper care and feeding, they will begin to lay. The other four thousand may be hatched at any time during the year. I may here state that a large proportion of cockerels should be hatched for sale purposes, as they are hardier and heavier, as a rule. The rule for breeding cockerels is to select only such eggs as are pointed at the smaller end, and with the air cavity in the centre of the blunt or larger end. This rule is confirmed by a host of authorities, Columella, Mascall, Stephens, Sketchley, and others. There is next an item of £200 for horseflesh. This may appear peculiar, but this meat, when minced by a sausage machine, and given to the fowls, produces a very stimulating effect on their laying powers, and, as proved in the Parisian egg-producing farm before mentioned, does not in the least flavour the eggs—in fact, this food is necessary if great egg-producing power is desired. A man and his wife may be obtained for £100 a year, and a suitable run and house for £50 a year. Coals are necessary for winter warming of hen-houses. I allow interest on the capital account, but perhaps the most interesting item is the net profit of over £1,000 on a capital of the same amount. A much greater profit than this could be obtained by careful attention to details and by personal supervision. I have given only a rough sketch of what a hen farm could be made to yield, but your intelligent readers will see that a much greater income may be derived from such items as feathers, increase of chickens, etc. I could continue this subject, but I think I have said enough to prove that fowls can be made to pay.—*Newcastle Chronicle*.

EXERCISE FOR CHILDREN.—Slow walking is of but little use to anyone as a sanitary measure; it should be quick and brisk. Such large numbers of the children of our towns appear to be almost shut up to walking as the only outdoor exercise that they can take, that it is one by no means to be despised, but rather to be made the most of; and where, as in the country, a walk can be made to include all sorts of games—leaping, running, climbing, etc.—nothing could be better. But still, for a large majority of boys and girls, the usual tame 'constitutional' is not enough. It does not afford a sufficiently wide outlet for the boiling over of their fun and vitality; neither does it equably exercise and develop all the muscles of their bodies, those of the arms, back, chest, and abdomen being left almost inactive. To insure these two essentials we must give them games and sport, out of which, if rightly directed, double the employment and double the hard work is to be got. Even the boisterous merriment and noise of these pursuits is good for them physically. How the chest is expanded and the lungs exercised and strengthened by the shouting and free and loud use of the voice that always is heard throughout the games of childhood and youth! By their very noisiness they are unawares making use of a very important means of health.—*The Management of Infancy and Childhood*.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

LONDON SHOP GIRLS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

The above subject is admitted to be far too important to be allowed instantly to drop. A writer, under the signature of 'Y,' in your impression of the 26th of last month, states he 'never once heard a complaint of the food supplied or the time given for meals.' We seldom or ever hear of prisoners complaining of their jailors; when they do, they generally suffer more in consequence. 'Y' gives it as a great authority, that he has dined at 'many drapers' establishments, both in town and country,' and much prefers the dinner he has had at them to one that would cost him two shillings in an eating-house. This proves nothing. The Rev. J. G. Wood, M.A., in giving a lecture the other day on Natural Science, stated there was nothing he is so fond of as rat-pie. Too many drapers are also fond of a 'drain' of brandy, others prefer a 'gargle' of rum. Our great scientists have not yet strongly recommended the rat as a model food for man, nor brandy or rum as the perfection of drink; but let that pass. 'Y' and his brother drapers, in their wisdom, may consider the diseased liver of a feathered goose a great luxury—many geese do—but this only proves one goose is anxious to disease his liver by eating that of another. 'Y,' as the mouthpiece of the retail drapery trade, considers that, 'in the majority of cases, and as far as the nature of their employment will allow, the health and living of shop girls is cared for as much as in their own homes.' Possibly more cared for, only the Press generally considers such is by no means the actual fact. I refer 'Y' and his brother 'counter dusters' to the report of the House of Lords on diet in prisons, and for the present will not go far into the alphabet of foods.

I quote from page 23, and substitute the word 'her' for 'him.'

'We think that the advantages possessed by the prisoner over large sections of the population, with regard to the QUALITY of the bread given to her, should not escape notice. She is not supplied with an article adulterated with alum and other obnoxious ingredients. If the bread eaten by the ancients had resembled that ordinarily sold as baker's bread, they would not have found it to be the "staff of life." It should be more generally known that bad, indigestible bread, devoid of flavour and nutriment, begets a craving for meat and stimulants. The Staffordshire miner's daughter would require less meat if she could obtain better bread.' Again, page 21: 'In no way could the dyspeptic affluent' (draper) 'set their poor' (assistants) 'a better dietetic example than by adopting a bread which might sometimes cure their own ailments, as well as prevent disease and deformity, by its nutritive value.'

When 'Y' considers I have found a 'veritable mare's nest,' and not 'a host of creditable witnesses,' I point directly to the House of Lords and all our eminent scientists as my witnesses against such drapery firms as Messrs. Bibb and Tucker; Sharp, Flint and Co.; Muckworm and Graball; or the large firm of Petty Larceny and Co.

X.

PUBLICATION.

IMPERIALISM IN SOUTH AFRICA, by J. Ewing Ritchie; London, J. Clarke and Co., 13, Fleet Street.—This is a timely pamphlet, and one that should be read by all who wish to understand the Zulu difficulty. Mr. Ritchie traces the relationship we have sustained to the native tribes of South Africa from 1811, when we waged our first cruel war against the Kaffirs, down to the present time. The result is not one which we can view with unqualified satisfaction; and most people will join with Mr. Ritchie in asking: 'How long is England to be strained and denuded of men and money for these costly wars? Surely it is a reproach alike to the Christianity and statesmanship of our time that we have not yet hit upon a more excellent way!'

ORIGIN OF THE TERMS WHIG AND TORY.

Tory, a cant term from an Irish word, signifying a savage; the name of a party opposed to that of a whig.
Whig, whey; the name of a party in politics.

Walker's Dictionary.

THE word *Tory* is Irish, and was first made use of there in the time of Queen Elizabeth's wars in Ireland. It signified a kind of robber, who being listed in neither army, preyed in general upon the country, without distinction of English or Spaniard. In the Irish massacre, anno 1641, you had them in great numbers assisting in everything that was bloody and villainous, and particularly when humanity prevailed upon some of the papists to preserve protestant relations. There were such as chose to butcher brothers and sisters, fathers and mothers, the dearest friends, and nearest relations; these were called *tories*. In England, about the year 1680, a party of men appeared among us, who, though pretended protestants, yet applied themselves to the ruin and destruction of their country. They began with ridiculing the popish plot, and encouraging the papists to revive it. They pursued their designs in banishing the Duke of Monmouth, and calling home the Duke of York, then in abhorring, petitioning, and opposing the bill of exclusion; in giving up charters and the liberties of their country to the arbitrary will of their prince; then in murdering patriots, persecuting dissenters, and at last in setting up a popish prince on pretence of hereditary right, and tyranny on pretence of passive obedience. These men, for their criminal preying upon their country, and their cruel bloody disposition, began to show themselves so like the Irish thieves and murderers aforesaid, that they quickly got the name of *tories*. Their real godfather was Titus Oates, and the occasion of his giving them the name is as follows:—the author of this happened to be present. There was a meeting of some honest people in the City, upon the occasion of the discovery of some attempt to stifle the evidence of the witnesses, and tampering with Bedloe and Stephen Dugdale. Among the discourse, Mr. Bedloe said he had letters from Ireland, that there were some *tories* to be brought over hither, who were privately to murder Dr. Oates, and the said Bedloe. The doctor, whose zeal was very hot, could never hear any man after this talk against the plot, or against the witnesses, but he thought he was one of these *tories*, and called almost every man a *tory* that opposed him in discourse; till at last the word *tory* became popular, and it stuck so closely to the party in all their bloody proceedings, that they had no way to get it off, so at last they owned it, just as they do now the name of highflyer.

As to the word *Whig*, it is Scots. The use of it began there when the western men, called Cameronians, took arms frequently for their religion. Whig was a word used in most parts for a kind of liquor the western Highlandmen used to drink, whose composition I do not remember*, and so became common to the people that drank it. It afterwards became a denomination to the poor harassed people of that part of the country, who being unmercifully persecuted by the government against all law and justice, thought they had a civil right to their religious liberties, and therefore frequently resisted the arbitrary power of their princes. These men, tired with innumerable oppressions, ravishings, murders, and plunderings, took up arms about the year 1681, being the famous insurrection at Bothwell Bridge. The Duke of Monmouth, then in favour, was sent against them by King Charles, and defeated them. At his return, instead of thanks for the good service, he found himself ill-treated for using them too mercifully; and Duke Lauderdale told King Charles, with an oath, that the duke had been so civil to the whigs, because he was a whig himself in his heart. This made it a court word; and in a little while all the friends and followers of the duke began to be called whigs; and they, as the other party did by the word *tory*, took it freely enough to themselves.—*De Foe, Review*, vol. vii. p. 296-7.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

* It was the refuse, or what was called the whig of the milk, which the poorest people in Scotland used to carry to market, their wretchedness not allowing them to give it to their cattle.—*North's Examen*. A tory writer of that time defines it to be sour milk, and he says, 'It was formerly appropriated to what is still more sour, a Scotch presbyterian!'—*Caveat against the Whigs*, part i. p. 73.

GEMS OF THOUGHT.

'I gather up the goodisome herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth.*

The ground and reason why goodness can be separated from truth, and truth from goodness, and when separated still appear as goodness and truth, is, because man has a faculty of acting, which is called liberty, and a faculty of understanding, which is called rationality, from the abuse of which faculties man can appear different in externals from what he is in internals; therefore, a wicked man can do good and speak truth, or the devil can imitate an angel of light.—*Swedenborg.*

I love to hear that eloquent old man
Pour forth his meditations, and descant
On human life, from infancy to age.
How pure his spirit ! in what vivid hues
His mind gives back the various hues of things,
Caught in their fairest, happiest attitude !
While he is speaking, I have power to see
Even as he sees ; but when his voice hath ceased,
Then, with a sigh, I sometimes feel, as now,
That combinations so serene and bright,
Like those reflected in yon quiet pool,
Cannot be lasting in a world like ours,
To great and small disturbances exposed.

Wordsworth.

The happiest are those who are competently furnished with outward things ; act honestly, and live temperately.—*Solon.*

If length of days be thy portion, make it not thy expectation ; reckon not upon long life, but live always beyond thy account. He that so often surviveth his expectation lives many lives, and will hardly complain of the shortness of his days. Time past is gone like a shadow : make times to come present ; conceive that near which may be far off ; approximate thy past times by present apprehensions of them ; live like a neighbour unto death, and think there is but little to come. And since there is something in us that must still live on, join both lives together ; unite them in thy thoughts and actions, and live in one but for the other. He who thus ordereth the purposes of his life will never be far from the next, and is in some manner already in it, by a happy conformity, and close apprehension of it.—*Sir Thomas Browne.*

To have pleased great men, is a circumstance which claims not the least degree of praise.—*Horace.*

God is the light which, never seen itself, makes all things visible, and clothes itself in colours. Thine eye feels not its ray, but thine heart feels its warmth.—*Richter.*

Ay, materialist

The age's name is. God himself, with some,
Is apprehended as the bare result
Of what his hand materially has made,
Expressed in such an algebraic sign,
Called God ;—that is, to put it otherwise,
They add up nature to a nought of God
And cross the quotient. There are many, even,
Whose names are written in the Chri Church
To no dishonour, diet still on mud,
And splash the altars with it.

E. B. Browning.

Many things are lawful which we are taught are not convenient ; and there are many tones of feeling which are too respectable to be insulted.—*Sir Walter Scott.*

Whoever can turn his weeping eyes to heaven has lost nothing ; for there, above, is everything he can wish for here below. He only is loser, who persists in looking down on the narrow plains of the present time.—*Richter.*

The honest, earnest man must stand and work ;
The woman also ; otherwise she drops
At once below the dignity of man,
Accepting serfdom. Free men freely work ;
Whoever fears God, fears to sit at ease.

E. B. Browning.

THE HOUSEWIFE'S CORNER.

FOOD IN SEASON.

The following are in season :

MEAT.—Beef, mutton, house-lamb, grass-lamb, pork, and veal.

POULTRY.—Fowls, pigeons, chickens, rabbits, etc.

FISH.—Eels, cod, crabs, flounders, ling, lobsters, mackerel, salmon, skate, shrimps, whittings, haddocks, herrings, trout, sturgeon, etc.

VEGETABLES.—Carrots, cabbages, kidney beans, asparagus, turnips, spinach, sea-kale, lettuce, peas, rhubarb, cauliflowers, cucumbers, radish, onions, new potatoes.

FRUIT.—Pears, cherries, apples, currants, gooseberries, forced apricots.

TO MAKE MUFFINS.

The following recipe is from Cassell's *Dictionary of Cookery* :

Make a dough of rather soft consistency with warm milk, allowing to every quart of milk an ounce and a half of German yeast, which should be first mixed with the milk ; add the beaten whites of two eggs, and cover the dough closely before the fire to rise. When ready, drop the quantity of dough required for one muffin upon a well-floured board, and form it into shape by turning it round with the hand, then slide it upon the hot plate. To make and bake muffins well is a difficult task, and as they are now to be obtained at any respectable baker's, there are, unless for families living far from town, very few home-made muffins. Time, twenty to thirty minutes to bake. Probable cost, 1s. 6d. for this quantity. Sufficient, four pounds of flour.

TO COOK HARICOT BEANS.

The most valuable and attractive way to use haricot beans is in the style of the national cookery of Mexico, called *frijoles*, pronounced 'fre-o-les.' Boil them soft, drain, put them into a frying-pan with sage and onions ; fry with olive oil until brown. This dish is delicious when cold, but good enough for a king when warm.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates :—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d. ; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received :—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 17, Vol. I.]

SATURDAY, MAY 17TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



MR. GEORGE PALMER, M.P.

CONSTRUCTION : OVERCROWDING : IMPROVED BY
SOCIETIES : DIETETICS : DOMESTIC ECONOMICS.
A MAGAZINE FOR WOMEN AND CHILDREN.
Edited by JOHN R. ALLEN.

SATURDAY, MAY 17th, 1879.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MAY 17th, 1879.

CONTENTS.

	PAGE
MR. GEORGE PALMER, M.P.	199
PHRENOLOGICAL SKETCH OF MR. PALMER, BY STACKPOOL E. O'DELL	200
IMPROVEMENTS IN GLASGOW AND THE CITY IMPROVEMENT ACTS. —ORIGIN OF THE ARTIZANS' DWELLINGS ACT	200
THE STAFF OF LIFE, BY C. DELOLME	203
COOKERY PROVERBS	204
NATIONAL WATER SUPPLY	204
THE POWER OF HUMAN INTELLECT, BY MRS. J. M. O'CALLAGHAN	205
HINTS ABOUT HOUSE CLEANING, II.	205
CURRENT OPINIONS AND EVENTS	206
PUBLICATIONS	206
HOLLOWAY STORM FLOODS, ETC.	207
PREVENTION OF FLOODS IN THE THAMES	207
GEMS OF THOUGHT	208
THE HOUSEWIFE'S CORNER	208

MR. GEORGE PALMER, M.P.

MR. PALMER, the head of the eminent biscuit firm of Huntley and Palmer, Reading, is the eldest son of the late Mr. William Palmer.

Mr. Palmer is a magistrate for the borough, an alderman, and he has sat in the council many years. He has been prominently associated with most of the public movements of the town during the last quarter of a century. As a member of the Society of Friends he has always discountenanced armaments.

The manufactory of Messrs. Huntley and Palmer is the largest of its kind in the world. It was established on a large wholesale scale about thirty-five years ago by the late Mr. Huntley and Mr. George Palmer. It gives employment to more than 2,500 workpeople, and above 1,000 sacks of flour are weekly converted into cakes and biscuits, of upwards of a hundred and fifty different varieties, in which also vast quantities of milk, butter, sugar and eggs are used. The buildings, which cover many acres of ground, and the machinery, driven by a pair of great steam-engines of 120-horse power, have been admired by many visitors, as well as the beautiful order and cleanliness of the premises and everything that is in them; but still more the provision that is made for the comfort and health of the little army of male and female 'hands,' who have schools for their children, a library and large reading-room, and other institutions for their social benefit.

A recent visitor to the factory, in describing what he saw, says:

'The economies exhibited within the factory gates are evidence of a continuous process of thought, acting upon a single object—cheap and perfect production. As you approach, you perceive that a railway has been laid through the heart of the factory. A train of biscuits is moving out of the establishment. Overhead an aerial line carries a train of nuts and crackers across the Kennet River, which divides the groups of buildings. From the picturesque confusion of red-brick houses, a little

forest of chimneys towers into the air which is feathered lightly with smoke.

'You enter the labyrinth of bakeries, sheds, store-rooms, and magazines, and you are bewildered with biscuit crates travelling up in lifts, casks sliding down to places towards the biscuit railway station; with golden showers of aromatic nuts and cracknels, dancing of their own accord out of rows of ovens into baskets; and with long processions of trays moving majestically into ovens. Then you pass into departments where men with flat wooden spades are mixing the biscuit materials (mathematically weighed, and delivered from an upper floor through tubes in revolving pans), or where the tougher material of hard biscuits is being kneaded in drums, or rolled into lengths that look like thick blanketing. You turn, and you light upon ovens that are positively raining filberts, and at hand are boys pressing biscuit crowns and other 'moulds, each covering his pan. Then you are introduced to rows of powerful machines that are punching out biscuits from endless bands of spotless dough, and gently depositing them upon trays, that move in admirable order towards the ovens hard by. A little beyond is the cracknel department. The cracknel requires distinct machinery, for it is cast into yonder boiling cauldron, fished out with hand-nets, and plunged into cold water before it is ready for the oven. All this is very daintily and precisely done, and the method by which care is insured in the baking is as ingenious as it is equitable. To each oven is attached a premium. There is a baker to every group of ovens. For every pound of biscuits he spoils he is fined. The baker we questioned observed that 'last week he spoiled biscuits to the extent of sixpence;' which would be deducted from premium on good baking.

The death of Sir Francis Goldsmid in 1878 created a vacancy in the representation of Reading, and Mr. Palmer very reluctantly yielded to the pressure put upon him by friends to allow himself to be nominated. But when Mr. George Palmer was announced as a candidate for the representation of the borough in the Liberal interest, it was felt that the issue was certain. It is true that strenuous efforts were made by the Conservatives, who largely availed themselves of outside aid in the struggle; but it was evident from the first that they were leading a forlorn hope. Hence the result of the polling on May 17, 1878, did not take the Reading people by surprise. The figures were:

George Palmer	2,223
Richard Attenborough	1,565

Although the result was regarded throughout the county as a triumph of Liberal principles, there can be no doubt but that had Mr. Palmer been a Conservative he would have been elected by the Reading people, and probably by as large a majority. It would, perhaps, be difficult to pay a higher tribute to his character and worth than is implied by this suggestion; but the position that he would have been returned to Parliament independent of party considerations, and on the ground of personal merit and esteem, is one which would be supported by those on the spot best qualified to judge. In fact, everybody had confidence in George Palmer. It is noteworthy that neither Mr. Palmer nor any member of his family solicited a single vote during the contest.

Although not personally a teetotaller, Mr. Palmer is always

ready to co-operate with and institute efforts for the promotion of sobriety; and, while he is not pledged to support any particular measure or line of policy on the subject in Parliament, we predict that his votes will always be given in the interests of temperance.

He has spoken on several occasions in the House of Commons, where he is listened to with the respect universally accorded to men of business habits and sterling integrity, and it is to be hoped that many a year will pass before a vacancy in the representation of Reading will be occasioned by the death of Mr. Palmer.

PHRENOLOGICAL SKETCH OF MR. PALMER.

By STACKPOOL E. O'DELL.*

THE social organs here would be very prominent. Full of sympathy, more especially in the domestic circle, where he will not alone meet with respect, but love. The infant of a few months, or the oldest inhabitant of the house, will feel happier by his presence.

They will not wish him away, thinking they will then be happier, or have more liberty or enjoyment, for in his presence his domestic circle will have both peace and pleasure.

He will be a good provider—likes to see plenty without waste—and has much faith in the saying, 'That he who provideth not for his own household hath denied the faith.'

This desire would not alone be confined to his own household, but be extended far beyond. He has much foresight, sees a good way ahead, but large cautiousness often prevents him from carrying out his best plans, and gratifying his most benevolent purposes.

This head denotes much self-control—not so much natural as attained. He can direct his mind at pleasure into any given channel, and that without much effort. He has a good planning organisation. Likes to see the end from the beginning when possible. He will count the cost before commencing to build, and likes to do things with carefulness and stability.

This refers to his smaller as well as his more important plans. His religious sympathy would be of a broad nature, and while he will take latitude to think for himself, he will not deny others the same right.

This gentleman, in many respects, has got a head similar in shape to Peabody, and only requires the same ability in a monetary point of view in order to emulate him in philanthropy.

THE AMERICAN AND CANADIAN FOOD SUPPLY.—There was a marked increase in the arrivals of live-stock at Liverpool last week from the United States and Canada, when contrasted with the previous week, though in the supply of fresh meat there was a perceptible falling off. Five steamers reached the Mersey, bringing 370 head of cattle, 2,368 sheep, and 1,050 pigs. Five steamers also arrived with fresh meat, their collective consignments amounting to 4,727 quarters of beef, 1,529 carcasses of mutton, and 175 dead pigs.

* Consulting Phrenologist, London Phrenological Institution, Ludgate Circus.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

IMPROVEMENTS IN GLASGOW, AND THE CITY IMPROVEMENT ACTS.—ORIGIN OF THE ARTIZANS' DWELLINGS ACT.

PAPER BY SIR JAMES WATSON, AND THE DISCUSSION THEREON.

(Continued from page 190.)

SIR SIDNEY WATERLOW, M.P., said that he had learnt a great deal from Sir James Watson's interesting paper. He and others in London had been working in endeavouring to solve this question for almost as many years as Sir James Watson had been studying the question in Glasgow, but in London they could not claim to have attained success to the extent to which it had been achieved in Glasgow. He quite endorsed all that had been said by Mr. Torrens as to the dreadful desolation and waste going on in and around the homes of the poor through ineffectual legislation. In fact, it would seem as though progress in this direction in London had almost come to a dead-lock. Many years ago he appealed to the Court of Common Council to try to do something with the waste spaces cleared some forty years ago under the Clerkenwell Improvement Act, but without success; and some of the ground was still lying idle, though situate in the very heart of London. Had the land been given away, or sold at a very cheap rate, for the erection of blocks of workmen's dwellings, the ground-rent which would have accrued during all those years, and the improvement in the rateable value of the property which would have resulted from its being covered with buildings, would have amounted to more money than was ever likely to be got for the land now. Under the Metropolitan Streets Improvement Act of 1872, eleven sites were set apart to be occupied by dwellings for the working classes in replacement of those taken down in the carrying out of the street improvements. Seven years had elapsed, but only three of the eleven sites so set apart for the erection of artisans' dwellings had been let. The buildings on two of the sites were in occupation, and those on the third site would shortly be tenanted. It would be asked, 'Why have not the other sites been utilised?' The Metropolitan Board of Works had put them up to let time after time, and had spent a great deal of money in advertising and giving every possible publicity to the fact that the sites were to be let for the erection of workmen's dwellings, but they had not been able to obtain the price they wanted for the land—simply because they thought fit to make that price such as to be prohibitive of the profitable erection of workmen's dwellings as a matter of commercial enterprise. But during the time that land had been to let, the Improved Industrial Dwellings Company had been able to secure from private owners sites suitable for the erection of workmen's dwellings at prices less than those asked by the Metropolitan Board for land in the same vicinity. Of course, he was well aware of the fact that the Board had a public duty to perform in the interest of the ratepayers, but he contended that the course taken by the Board in reference to this matter was detrimental to the ratepayers' interests. The improvement of the assessment consequent upon the erection of large blocks of model dwelling-houses in place of the dilapidated property removed would be worth more than the whole price put upon the land. But the Metropolitan Board of Works was an aggregation of the representatives of metropolitan vestries and district

boards of works, and the representatives were apt to take a very narrow view of these large questions. It would be of no use to tell the representatives of Kensington, for instance, that they ought to vote for a motion authorising the letting of sites in the possession of the Board in Bethnal-green at a rate low enough to admit of the profitable erection of artisans' dwellings, on the ground that the rateable value of the last-named parish would be increased by some thousands of pounds. Sir James Watson had stated that the land cleared in Glasgow under the operation of the Improvement Trusts was obtainable for the erection of workmen's dwellings and lodging-houses at 30s. a yard, and that 40s. was the highest price that could be afforded for land for such a purpose in Glasgow. But such prices were only about the minimum of those paid in London. The Improved Industrial Dwellings Company had offered to the Metropolitan Board twice as much money for land—much more than was asked by private owners—but had been informed that the prices offered were not considered sufficient. Sir James Watson had shown that in Glasgow they could not afford to pay more than 3s. 4d. a foot—equivalent, at twenty-five years' purchase, to a rental of 1½d. per foot per annum—but the Improved Industrial Dwellings Company had paid at the rate of 3d. per foot; for in some cases, where the whole area of the site obtained could be built over to the desired height without interference with the rights of adjoining owners to the enjoyment of ancient lights, etc., it would pay to give that price for land on which to erect blocks of artisans' dwellings. Sir James Watson had stated that in Glasgow they proceeded on the principle that the demolition should be very gradual, and that, in fact, the erection of the new and improved buildings proceeded faster than the demolition of the old buildings. It was greatly to be desired that we could bring about such a state of things in London, and he thought that if Parliament would withhold the power of demolition until there was some evidence of reconstruction, it would be doing a good work. Overcrowding had only been intensified by the operation of the Artizans' Dwellings Act. Another point in Sir James Watson's paper was well worthy the attention of Mr. Vulliamy and the Metropolitan Board of Works, and that was, that the ground cleared in Glasgow was disposed of by public auction. Now that was the very thing for which people in London were asking. It should be put up to auction three times if the Board thought it necessary, and then it should go for what it would fetch—which would be its market value for the particular purpose of building artisans' dwellings. There were at present eleven sites at the disposal of the Board for the erection of artisans' dwellings. How long would it be before those sites were covered with cheerful, well-ventilated houses for workmen and their families? The Board should be compelled by Parliament to let the land at its market value as sites for blocks of workmen's dwellings. Instead of it being enacted that the Board 'may' let the land, it should be enacted that they 'shall' let it. Of late years the word 'may' had been used far too frequently in Acts of Parliament. He quite endorsed what had been said as to the question of water supply to large blocks of model dwellings. At present the water companies had by far too much their own way, and their conduct was arbitrary in the extreme. Sir James Watson and the municipality of Glasgow were to be congratulated upon the success which they had achieved, and he (Sir Sydney) hoped that London would in the course of a few years be able to boast of a corresponding amount of success. But the success that had been achieved already had been to a great extent owing to facilities for borrowing money at a cheap rate, and he was therefore sorry to say that by the Public Works Loans Bill, now before Parliament, insuperable difficulties were raised to the borrowing of money by imposing terms of repayment which for the first twelve or fourteen years would absorb more than the 5 per cent. which the money was capable of earning when invested in artisans' dwellings. If the Bill referred to became law, it would, unless the Labouring Classes' Dwellings Act of 1866 were exempted from its operation, put a stop to the beneficent work in which his company and kindred societies were engaged for the provision of cheap and healthy dwellings for workmen as a matter of commercial enterprise.

MR. GEORGE VULLIAMY, Superintending Architect to the Metropolitan Board of Works, said that the Board was as anxious as Sir Sydney Waterlow or anybody else could be to see the vacant sites in question covered with dwellings for the working classes. It was not for him, as an officer of the Board, to question its policy, but he might mention that he had recommended that the sites should be put up to auction, as he believed that would be the best course to pursue. The schemes submitted to the Board under Mr. Cross's Act were originally 22 in number, now reduced to 17. The proceedings in connection with these schemes were in various stages of progress, and the only clearance of old buildings yet made was on

one half of the area included in what was known as the Whitechapel and Limehouse Scheme.

MR. HORACE JONES, the City Architect, said that the Corporation of the City of London had erected two blocks of dwellings for artisans, viz., Corporation Buildings in Farringdon Road, and Viaduct Buildings, off Charterhouse Street. The Corporation had not been so fortunate as Sir Sydney Waterlow's company, for the first-named block of buildings only paid 4½ per cent., and the other block barely 4 per cent. In the latter case, it was true, the tenements were largely occupied by married policemen belonging to the City Police Force, from whom the Corporation did not exact quite so much rent as would be readily paid for the same accommodation by other tenants. The land for both these blocks of buildings cost about 6d. per foot per annum—a price which would not admit of a fair return on investments in this class of buildings.

At this point the discussion was adjourned until Tuesday evening, when there was a very small attendance.

The PRESIDENT again occupied the chair, and, in reopening the proceedings, referred to the extraordinary delay and half-heartedness which seemed to characterise the proceedings of the Metropolitan Board of Works in carrying out the provisions of Mr. Cross's Act. Sir James Watson, in his paper, had said that it did not pay to erect lodging-houses for the very poor in Glasgow on land which cost more than 30s. per yard, or 3s. 4d. per foot, which, divided by 25 years' purchase, would give about 1½d per foot per annum. The Glasgow people seemed to have satisfactorily solved the problem of providing lodgings which, while within the reach of the very poor, gave a remunerative return on the outlay. This was a most pressing question in London, and any further information which Sir James Watson could give would no doubt be of great use in that connexion. It would be interesting to know what was the cost of annual maintenance in proportion to the gross rents received from such buildings in Glasgow; also what was the percentage of 'empties' or unoccupied apartments per year; how the question of damages done by tenants was dealt with; what was the mode of supervision, and its cost; and whether the floors were fireproof. He should also like to know what was the cubic space allotted to each individual inmate; and, in regard to the tenement dwellings of one, two, or three apartments, how overcrowding was prevented. In the various blocks of model dwellings in London great care was taken at the outset that only the proper number of persons should be permitted to occupy a dwelling; but what was to be done when the family increased, and when the children grew up towards adolescence? Was the family to be turned out on that account? Such a thing seemed to be very hard, and yet the overcrowding of the dwelling, by allowing it to be inhabited by a greater number of persons than it could healthily accommodate, was perhaps as great an evil.

(To be continued.)

ARTIZANS' DWELLINGS ACT EXTENSION BILL.

HOUSE OF COMMONS, WEDNESDAY, MAY 7.

PETITIONS were presented by Sir C. Russell from the Vestry of St. George's, Hanover Square, in favour of certain amendments to the Artizans' Dwellings Act Amendment Bill, and by Mr. Torrens from the Vestry of Clerkenwell and medical officers of the Metropolis, in favour of the Artizans' Dwellings Acts Extension Bill.

Mr. Torrens, in moving the second reading of this Bill, explained that it was identical with one that had been accepted by the House in the year 1868. It provided for the demolition of houses that were unfit for habitation, and restored the clauses by which compensation was given to owners, and security provided for better dwellings being promptly built for the same class of occupant. These latter had been struck out in 1868 by the House of Lords. The Bill passed without those clauses, and the result was that it was comparatively inoperative. It was not just to lay the blame of this upon the vestries, many of which had done real good with the limited powers conferred upon them. Every one knew the necessity of demolishing dwellings which were unfit for human habitation, and the importance of doing so in such a way as not to overcrowd other localities. The Act of 1875 was carried by the Home Secretary because he said the rookeries must come down. But most of the rookeries still existed, and he might mention, that in the district of Whitecross, in which houses covering 7½ acres were doomed to demolition, the population was nearly 10,000 souls. These 10,000 people were condemned to eviction without any other dwellings being provided for them. A certain space was cleared two years ago, and remained as bare as a graveyard, the dispossessed inhabitants being

crowded into the houses that remained. These were in a wretched state, whole families being crowded into single rooms. In one case a corpse had remained for a week in a room which was occupied by an entire family. The question invariably put by these unhappy people was how soon the new buildings were to be commenced. This was the question he now desired to put to the House. He had accompanied a deputation on the subject to the Board of Works, and they were told that greater progress could not be made because of the obstacles which existed under the Act of 1875 in dealing with property. A correspondence between the Home Office and the Board of Works upon this subject disclosed the fact that up to January last the Board had not been able to do more than come to an agreement as to the claims for compensation and make the necessary contracts. Three years and a half had been spent in pulling down one-fifth of the premises without even beginning to rebuild; and in negotiating about freeholds and leaseholds, while the plight of the wretched people was necessarily made worse than ever. At this rate of progress nothing effectual would be done till doomsday. What the parochial authorities asked for was power to carry out the improvements themselves, and charge their own rates to cover the expenses, seeing that the Board of Works was unable to do what was required. He trusted the House would not refuse their request. According to a return which had been made last year, without any reference to this Bill, he found that from 1851 to 1871, during which time the Metropolitan Board of Works had been the central municipal authority, the population had risen from 2,300,000 to 3,200,000, while the house accommodation had only increased by one-fourth. At the same time, the rental of the area had increased from 11½ millions to 23½ millions. The rent had therefore, doubled, while the accommodation had relatively decreased. He did not rest his case upon any exaggerated notion of sanitary danger, but he contended that overcrowding was destructive of all sense of decency and morals. It was subversive of religion, provocative to anarchy, and antagonistic to civilisation. As an illustration of what he meant, he might say that he knew of a case in which certain private employers who had erected houses for their workmen had been applied to for a two-roomed dwelling by one of the best men in their employment, whose family consisted of a son of over twenty, and two daughters aged sixteen and seventeen respectively, all of whom, with their parents, were to sleep in the same room. This man was an exceptionally favourable specimen of his class, and yet he was quite unconscious that such a mode of living was in any way wrong. He (Mr. Torrens) desired to change the local authority from the Metropolitan Board to the vestry or the District Board, in order to harmonise the Bill in this respect with the Act of 1868, but he would give a co-ordinate jurisdiction to the Metropolitan Board in case any of the authorities neglected their duty. He had himself spent many weeks during the past winter in visiting, without previous notice, the over-crowded districts of the town; and he was bound to tell the House, that from the wholesale dilapidation without rebuilding that was going on, things were getting worse and worse every year. In point of humanity it would be unpardonable, as a matter of policy it would be insane, to neglect or palter with the evil. He concluded by moving the second reading of the Bill, in favour of which he had presented petitions from many parts of the Metropolis. (Cheers.)

Mr. Isaac, who had a notice on the paper to oppose the second reading, said that if the measure had been confined to the Metropolis he would not have interfered with it. His objection to it was chiefly that it would clash with the Acts of 1868 and 1875. Some of the definitions, also, and several other points, called for serious consideration. He had, however, arranged with his hon. friend opposite to have various amendments considered, and, this being so, he would withdraw his opposition to the Bill.

Sir H. Selwin-Ibbetson was very glad to hear that his hon. friend was willing to withdraw his opposition. The subject was one that above all others interested him, and he looked back with the greatest satisfaction to having been able to assist the Home Secretary in regard to the Act of 1875. No one could deny the necessity for action in the matter, and every one must hail with satisfaction any measure which gave promise of some remedy for the present state of things. Those parts of the Bill of 1868 which made it operative were struck out in another place, and this was the reason it had had so little effect. The local authorities had power to demolish, but were denied all power of compensation, and they therefore naturally hesitated to apply the Act. The present Bill would be specially useful in dealing with small nuisances, where the larger machinery provided by the Act of 1875 could not conveniently be set in motion. He entirely concurred in the attempt of his hon. friend the member for Finsbury to supplement the defects of the Act of 1868. The present Bill, however, would require a good deal of care and attention in committee.

There were several points on which it would require considerable alteration, in order to make it harmonise with recent legislation. He was empowered to say, on behalf of his right hon. friend the Home Secretary, that he assented to the second reading, though he reserved the power of introducing amendments in committee. For his own part he heartily wished that the Bill might become law.

Mr. Goldney was glad to hear the speech of the Secretary to the Treasury, who had done so much to promote beneficial legislation on this subject. One object of the Bill which had not been pointed out was to enable improvements to be carried out in cases where there were a number of owners and some of them refused consent. He hoped the Bill would quickly become an operative Act.

Sir J. M'Garel-Hogg was sure it would be believed that the Metropolitan Board of Works had done all they could to carry out the Act. Those critics who accused them of not having carried out the Act of 1875 as quickly as they might could have very little idea of the difficulties which had to be encountered. For one thing, it was very difficult to let the land which had been cleared. In some cases it had been offered at half its commercial value, and even then it had remained unlet. He cordially supported the propositions of his hon. friend who had moved the second reading, and he was able to endorse all he had said with regard to the dreadful condition of the dwellings and the necessity for an immediate remedy. He reserved the right to suggest amendments in committee, but he wished the measure hearty success.

Mr. Shaw Lefevre said the Act of 1875 was rather a Towns Improvement Act than an Artizans' Dwellings Act. He believed there was no case in which an artizans' dwelling had been erected under it. He thought the present Bill would be a good one, provided the compensation clauses were carefully considered. He would assist his hon. friend in endeavouring to carry the Bill through committee.

Mr. Bruen hoped the provisions of the Bill would be extended to Ireland, where it was wanted, though not so much as in the large towns of England. As to the compensation to be given to the owners of many of the houses of the working class in some towns of Ireland, he observed that as the condition of those houses was contrary to all sanitary principles the owners would not be entitled to much compensation.

Sir S. Waterlow thought this discussion would show some of the reasons which had caused such delay in the reconstruction of houses under the Artizans' Dwellings Act, 1875. The large vacant spaces described by the hon. member for Finsbury were blots upon the metropolis. The hon. and gallant member for Truro said time was required for reconstruction. No doubt; but he would point out to the hon. and gallant member and his colleagues that Parliament in passing the Act of 1875 contemplated that demolition and re-construction should as far as possible proceed concurrently. Now, although the Metropolitan Board had passed eleven schemes, and under these schemes had cleared very many sites, not one single plot of land had been let or sold under the Artizans' Dwellings Act, 1875, for the purpose of re-constructing houses for the working classes in the place of those already destroyed; thousands of poor labourers, with their families, had been evicted, and at present not one single room had been provided to accommodate them, and consequently overcrowding, with all its frightful evils, was intensified instead of decreased in the districts in which the Board had operated. He would remind the House that the language of the Act of 1875 was neither permissive nor indefinite; it was, in fact, as strong and decided as possible. The words of the statute ran thus: 'the local authority *shall* let or sell' the land, when cleared, for the purposes, and subject to the conditions imposed upon it by Parliament, and it was doubtless contemplated that the letting or selling should be carried out at once, without delay. The proper course was to advertise the land thoroughly a first, a second, and perhaps a third time, and let it be sold at the highest price it would fetch at public auction. If that were done, the condition of things would not be as at present—namely, land cleared of houses, and working people placed in worse circumstances than they were in before they were removed; while it was impossible to say when houses, would be built upon the vacant plots. There were vacant plots in Whitechapel which were miserable spectacles. No purchaser could be secured, because the conditions of sale were so arbitrary and burdensome that nobody could touch the land at any price. If this Bill became law, it would be useful in the case of small properties. Perhaps it would be better if at the beginning too much was not attempted. He hoped that in the clauses, especially those relating to compensation, some slight modifications would be made.

Sir M. W. Ridley was authorised by the Home Secretary to say on his behalf that he did not view this Bill with the slightest jealousy. There

was plenty of room for the action of this Bill and also of the Act which bore his name. It would be necessary in committee to consider the various sections, which were not drawn as carefully as they might be. Unfortunately, great spaces had been cleared, and at present very few buildings had been erected to supply the places of the buildings that had been taken down. He ventured to say, on behalf of his right hon. friend, that he had been using every endeavour to promote the construction of houses on the sites. (Hear.) He was authorised to say on his behalf that, from the present state of the negotiations, he had every reason to expect that in three years every site cleared under the Act of 1875 by the Metropolitan Board of Works would be occupied by artisans' dwelling-houses. (Hear.)

Sir U. Kay-Shuttleworth agreed in the opinion that if this Bill passed into law there would be plenty of room for the action of it as well as of the Act of 1875. He understood that in the return which he moved for at the beginning of this session there would be evidence of the action taken by the Secretary for the Home Department. He ventured to think that the Act of 1875 might have been carried out more vigorously if so many opportunities of delay had not been afforded to local authorities, and he would suggest to the Government the expediency of amending the Act in that respect. He also suggested the expediency of something being done in this Bill with reference to dwelling-houses in rural districts.

After a few words from Mr. Marten,
The Bill was read a second time.



DIETETICS.

THE STAFF OF LIFE.

BREAD was formerly, in strict truth, the staff of life. The bread in common use in our times is mostly a broken reed, not fit to lean on. When women took bright good wheat and crushed it between two stones, or bruised it in a mortar, and baked it in cakes of sweet brown bread, it was, with fruit, and in pastoral lands with milk, the healthiest food in the world. Our bread to-day is made of a fine flour, from which the best elements of the grain have been separated. It is evident that whole-meal bread must have been the common food of man before the invention of the machinery necessary for making fine flour. During the wars in which England was engaged in the early years of this century, wheat became very dear, and as a measure of economy brown bread was supplied to the Army. At first the soldiers grumbled, and in some cases threatened mutiny; but as soon as they were reconciled to the sight of it, they found it sweeter and more satisfying than the white, and its effect upon their health was such as to almost empty the hospitals. The following, from a number of the *Pall Mall Gazette*, is to the purpose: 'We are not advocating a bread diet, but only the purification of bread, that it may be restored to its proper function as the staff of life to those who can ill afford fancy props. Our people over-feed themselves, and drink too much in consequence, without deriving from their mixed diet a tithe of the sinew which their forefathers drew from sound bread. Would it surprise our modern working man to hear that the yeomen of Elizabeth's reign, who drew their bow-strings to their ears, and sent a cloth-yard shaft whistling through a barn-door at eighty yards, ate meat about once a week, and lived the rest of the time on whole-meal bread and cheese?' The Northern nations which live on rye bread are able to stand the rigours of a climate much more severe than ours. They tell us that they could not live on our fine wheaten

bread, and that it has no staying properties for their stomachs—very nice to eat, but they are hungry again directly. It may well be, then, that there is something wrong in the great bread question, and that we should inquire and go back to the days of our forefathers, before this fine white and adulterated compound which we call bread was invented. Corn, then, consists, roughly speaking, of an outer husk, which forms the bran; of the innermost 'starchy' substance, which forms white flour and white bread; and of certain valuable intermediate products, now separated from the white flour, and usually given to fatten pigs. These intermediary mill products enclosing the white flour are denominated respectively specks, toppings, fine middlings, sharps, and pollard, and are all much richer in nitrogen, oil, and mineral matters than the central or floury portion of the grain. Physiologists and physicians tell us that the human body must have its various constituents presented to it in its food: but Nature knew that before they did, and when she made the wheaten grain she packed into it all that was needed for healthy nutriment. Good whole-meal bread, in fact, supplies in itself the nourishing properties of many kinds of food—it contains albumen, fibrine, gluten; it makes bone, muscle, blood, and tissue, and even the woody fibre contained has a favourable, slightly irritating effect on the intestine, and so is preventive of constipation. The wandering Arab lives almost entirely upon bread, with a few dates as a relish; and this not because meat is scarce in his part of the world, but because he feels no need for it. He would soon have to alter his diet, though, if an enterprising wholesale flour-producing company were to set up its mill in the desert. Liebig says that whole-meal flour, or bread made from the whole meal, contains 200 per cent. more nutritive salts than white flour, or 60 per cent. more nutritive salts than meat, and that whole meal is the staff of life. The loss to the nation by using only the central portion of the grain, namely, white flour, can thus be imagined. Our paupers are fastidious, and might rebel; but the poor ricketty children one sees about would be all the better for whole-meal bread, with plenty of silica and phosphate for their bones, of nitrogenous matter for their muscles, and of phosphorus for their brains; nor would they require to have the butter laid on thick to make white bread palatable, the butter being, alas! even more adulterated than the wretched white commodity. It has been remarked, too, by many eminent physicians, that the unsoundness and early loss of teeth so common now among all classes is largely due to the absence of phosphates and bone-forming material in the fine white bread which is generally eaten. The poor sempstress, on her scanty earnings, hurries home with the adulterated white loaf under her arm, and washes it down with equally poor tea, when for the same money she could obtain very much more nourishing and satisfying food. White bread gets dry and chippy in a day; whole-meal will keep fresh often a week. We may add that porridge is only a form of whole-meal bread more quickly and easily made. Coarsely-ground wheat or oats stirred into boiling water cooks perfectly in fifteen to twenty minutes. We have been informed that this kind of food is gaining in daily favour at the Alpha Food Restaurant, 429, Oxford Street, the proprietor of which, we believe, was the first to publicly introduce in London this now thoroughly satisfactory breakfast dish when properly prepared. In the matter of bread, the

criminal prisoner (see report of Committee on Prison Diet) has much the better of the honest labourer, and even of the well-to-do classes. They do not feed upon the 'white' bread of the bakers, nor on the 'brown' bread they sell, which, by the way, is a mere deception, being made of the same dough as the white bread, with a little bran, a mere flinty irritant, thrown in—no! prison bread is made of 'whole meal,' which contains all the nutritive and sustaining properties which reside in the grain of corn. Further, according to Dr. Gover, 'Experiments upon animals have proved that they can live upon whole meal bread without any other food; but if fed upon white bread alone, the health first suffers, and death ensues. It must be allowed, however, that, like all changes at first, the whole-meal might not prove so palatable. The crust, as a rule, is thicker, and the bread cannot be cut in such delicate slices as white bread allows of; but then, by continuing with the genuine article, you will usually end by caring for no other, since the whole-meal or old farmhouse bread has the sweet flavour of the wheat itself, which no white bread ever has. It must also be remembered that the outermost, flinty, or branny layer contains silex, and is less digestible and less nutritious than the parts of the grain it encloses, and some delicately-lined stomachs would be, perhaps, better for not being too much irritated by this branny portion'; so we now find in London good whole-meal bread of the coarsest quality, but containing all the intermediary products, such as supplied by Messrs. Hill, of Bishopsgate Street,* a more delicate loaf, with a thinner crust, as provided by Messrs. Nichols, 429, Oxford Street, and much approved of; to the finest whole-meal with very little coarse bran, as made by the Aerated Bread Co., and supplied by them, we believe, to her majesty's prisons. There is another advantage in whole-meal bread—it requires due mastication. In the country and suburbs, where it is difficult to obtain the genuine article, the best plan, perhaps, would be to buy a hand-mill, and grind one's own wheat for making bread and porridge.

C. DELOLME.

COOKERY PROVERBS.

The *Danbury News* lately gave a list of 'culinary proverbs,' or information on cookery selected from the lectures of a lady named Dods. Here are some of them:

There is a greenness in onions and potatoes that renders them hard to digest. For health's sake put them in warm water for an hour before cooking.

The only kind of a stove with which you can preserve a uniform heat is a gas stove; with it you can simmer a pot for an hour, or boil it at the same rate for twenty minutes.

Good flour is not tested by its colour. White flour may not be the best. The test of good flour is by the amount of water it absorbs.

To beat the whites of eggs quickly, put in a pinch of salt. The cooler the eggs the quicker they will froth. Salt cools and also freshens them.

In boiling eggs hard put them in boiling water. It will prevent the yolk from colouring black.

The yolk of eggs binds the crust much better than the whites. Apply it to the edges with a brush.

Old potatoes may be freshened up by plunging them into cold water before cooking them.

* That made under the superintendence of Mr. Hart, and known as Hart's Whole Meal Bread, is an excellent article.—ED.

HYGIENE.

NATIONAL WATER SUPPLY.

THE following letter has been addressed by his Royal Highness the Prince of Wales, K.G., as President of the Society of Arts, to the First Lord of the Treasury:

'March 24, 1879.

'MY LORD,

'As President of the Society of Arts, I have the honour to transmit to your Lordship the enclosed copy of a resolution, which was passed at a conference held by the society in May, 1878, on the subject of National Water Supply. The conference was held in consequence of a suggestion of my own to the Council, and it was attended by many of the most influential authorities on this subject in the country.

'I need not urge upon your Lordship the necessity for providing a supply of pure water to the population of this country. At the present time our great cities are endeavouring, each for itself, to secure a sufficient supply, while the smaller country towns and villages are dependent solely upon accidental sources.

'Should Her Majesty's Government be able to accede to the wishes of the conference, by appointing a commission such as that suggested, the first duty of the commission would probably be to collect information. They would then be in a position to take measures for establishing such an organisation as might insure that the existing abundant supplies of water should be dealt with in such a manner as to secure a regular provision, both in towns and country districts, of this first necessity for health and comfort.

'The feeling of the conference was that it would be better simply to urge upon the Government the appointment of such a commission, without endeavouring to suggest the means which might be employed, after sufficient information was collected, to remedy the present state of things.

'The growing importance of the question it would be difficult to overrate, nor can it be successfully dealt with except by the authority of the Government. The Society of Arts have already drawn special attention to it, and will continue their endeavours to promote its public discussion, but beyond this it is obvious they can no further go.

'I have the honour to be, my Lord,

'Your Lordship's obedient servant,

'ALBERT EDWARD P.,

'President of the Society of Arts.

'The Right Hon. the Earl of Beaconsfield, K.G.

'(Copy of Resolution.)

"Resolved,—That this Congress desires to urge upon Her Majesty's Government the importance of taking steps, with the least possible delay, to appoint a small permanent scientific commission to investigate and collect the facts connected with water supply in the various districts throughout the United Kingdom, in order to facilitate the utilisation of the national sources of water supply, for the benefit of the country as a whole, as suggested by his Royal Highness the Prince of Wales, the President of the Society of Arts; and recommends that the Council of the Society of Arts be requested to ask the Earl of Beaconsfield to receive a deputation, to present a resolution and advocate its adoption."

The following is the reply of the Earl of Beaconsfield:

'10, Downing Street, Whitehall, March 31, 1879.

'SIR,

'I have the honour to acknowledge the receipt of your Royal Highness's letter of the 24th inst., forwarding a copy of a resolution passed at the Conference on National Water Supply, held at the Society of Arts, in May, 1878, and I have to inform your Royal Highness that I have referred the matter to the Board of Treasury for the careful consideration of their Lordships.

'I have the honour to be, Sir,

'Your Royal Highness's obedient servant,

'BEACONSFIELD.'

HINTS ABOUT HOUSE CLEANING.

II.

PAPERING and painting are best done in cold weather, especially the latter, for the wood absorbs the oil or paint much more than in warm weather, while in cold weather it hardens on the outside, making a coat, which will protect the wood instead of soaking into it.

In papering walls be sure to remove all the old paper and paste, and scrape them perfectly smooth. The best paste is made of rye flour, with two ounces of glue dissolved in each quart of paste; half an ounce of powdered borax will make the paste better. People now generally understand how dangerous it is to paper a wall over old paper and paste. Many deaths have arisen from this cause, the air of many sleeping-rooms has been thus poisoned.

In whitewashing, a pound of glue dissolved in hot water, and diluted with four gallons of cold water, to which is added six pounds of whiting, will be found to answer a better purpose than common lime. Wood-work can be washed with this glue size, and one coat of paint on it would last for years. A little chrome yellow will give a light lemon-coloured tint to the wash.

A cheap paint for the floor can be made which a strong, smart woman could apply to any floor; five pounds of French ochre, one-fourth of a pound of glue, and two gallons of hot water. Dissolve the glue in a small quantity of hot water; when wholly melted add the rest of it, stirring it slowly until well mixed. Then stir in the ochre and apply while hot, with a good-sized brush. When well dried apply one or two coats of boiled linseed oil. This paint dries very quickly, hardening in fifteen to twenty-four hours. It is very cheap. An oaken hue can be given to new pine floors and tables by washing them in a solution of copperas dissolved in strong lye, a pound of the former to a gallon of the latter. When dry, this should be oiled, and it will look well for a year or two; then renew the oiling.

Grease can be extracted from floors by applying a paste of wood ashes and quick-lime, to be kept on several days, and then washed off. Stains on wall-paper can be cut out with a sharp penknife, and a piece of paper so nicely inserted that no one can see the patch.

Ink stains on wood can be removed by a solution of oxalic acid. Cover the spots with bits of acid, turn on a spoonful of water, and place a heated flat-iron over it; when the hissing ceases the ink will have disappeared.

Kerosene and powdered lime, whiting, or wood ashes will scour tin with the least labour. Kerosene and whiting will also clean silver-ware, door-knobs, hinges, etc. Wet the flannel slightly in oil, dip in the whiting, and rub hard; wash off with a chamois skin or newspaper. Spots can be taken out of marble with finely powdered pumice-stone. Mix it with verjuice, cover the spots with it, and let it remain for twelve hours; then rub clean with a damp sponge; rinse with clean water, and wipe dry with a cloth. Soap-stone hearths should be first washed in pure water and then rubbed with powdered marble or soap-stone, put on a piece of the same stone. Gray marble hearths can be rubbed with linseed oil, and no spot will show. If gilt frames are varnished with copal varnish, they can be washed with cold water without injury. Lace curtains

should never be ironed. Wash and starch them, using in the rinsing water a tablespoonful of powdered borax. This makes them very stiff. When wet, spread on a sheet, either on the floor or bed, and pin down every two or three inches. Let them dry for several days and they will look very nice.

THE POWER OF HUMAN INTELLECT.

BY MRS. J. M. O'CALLAGHAN.

(Written in 1859.)

SPIRIT of Mind Majestic, Spirit of Human Thought,
Pass on, thou God-like Spirit, from all thy deeds have wrought:
On to the depths unfathomed, on to the heights ungained;
There are heights and depths as vast as those that are attained.*
Thou'st trod the plains of labour, thou'st wrought with ardent skill;
Thou'st bent the winds and waters to thy Majestic will;
Thou'st winged thyself with power, and sped through Earth and Sky,
Crushed by thy mighty footsteps both Time and Distance lie.

Thy messenger Electric with swift obedience glides,
And over Mind's great Highway the viewless phantom rides,
From eyes keen, deep, and beauteous, far thro' the shades of night,
Out to the distant future, beams the Electric Light.†
We see thee clothed in beauty, in robes of glorious Art!
Image of the Immortal! sublime in every part!
In the rich tints of pictures, in each inspired design,
Spirit of Mind Majestic, Thou hast a sacred shrine.

In the sweet tones of Music, touching the inmost soul,
The inmost heart of feeling, thy wondrous accents roll,
Smiting the rocky spirit till rivers from it flow,
In thy melodious breathing stilling the tones of woe,
Spirit of Mind Majestic, in this Angelic tongue
Speak ever to the weary, speak ever to the young;
It trains the lisping spirit, with eloquence of tone,
Affections, Hopes, and Passions, proclaim it as their own.
O universal language! deep, true, intense, and great,
Thy glorious strains exalt where words would desecrate!
With thee the strings of Feeling in unison must be,
Or how unstrung that spirit that echoes not to thee;
Nor through thee feels the power of the Divine control,
Whose robes are Art and Nature, and He the mighty 'Soul!'
In Beauty's chiselled statue, in Sculpture's marble face,
In pillar, vase, and temple, thy God-like form we trace!

In fruits, and flowers of writing, deep in the lettered leaves,
Giving them life and beauty, thy subtle essence breathes,
Breathes with a mystic grandeur, binds with a magic skill,
Naught that the eye can gaze on, all that the mind can fill!
In Spain's transcendent wonder, the Polyglot, behold
The mind of the Creator in printed words enrolled!
Ximene's munificence, and Complutentian toil
Combined, produced a harvest—the richest on her soil.

In seven-tongued signs of Thought, the Infinite descends,
And Man's soul in harmony with its Creator blends,
Pressed in the sacred leaves, we the tradition scan
Of Nature's last grand link, Divinity in Man!
Progressing and progressing, climbing from height to height,
Past far beyond the darkness, to everlasting light,
The Spirit of Human Thought, nearer and nearer draws
To the Spirit, the Son, the Father—the 'First Cause!'

* 'There are heights and depths as vast as those that are attained.'

Corroborative of the above predictive passage, and subsequent to this Poem being written, the latest and most wonderful invention of the 'Power of Human Intellect' is the Phonograph, a machine which registers speech and music, and repeats them any number of times, so that the very words and tones of a speaker can be reproduced years and even centuries after he is dead. Had such machines existed in ancient Greece and Rome, we might hear to-day the speeches of Demosthenes or Cicero. A song of Patti's can now be so impressed upon a cylinder in Paris that, fitted to a machine, it can be heard in San Francisco. It takes one's breath away, and makes us ask—what is the next 'height' to be attained by the Power of Human Intellect?

† The 'Electric Light' of Mr. Edison's Patent was literally *in nubibus* when this Poem was written.—J. M. O'C.

CURRENT OPINIONS AND EVENTS.

In speaking at the opening of a coffee palace in the Buckingham Palace Road, on Saturday last, the Lord Chancellor uttered a truism discreditable alike to our Christianity and civilization. He said :

'The working man, when he had finished his day's labour, required to have what he very seldom was able to obtain in his own home—viz., a comfortable room, well warmed and lighted.'

But surely the working man ought to be able to obtain this ! and if he is not, it is an evidence that something is radically wrong in our social system. The 'producers' are entitled to sound house-accommodation ; indeed, they pay at present more than their value for the wretched disease-producing habitations forced upon them—not by choice, but by necessity.

Good as the coffee palace movement may be, and undoubtedly is, where it operates as a counter attraction to the public-house, it is a very poor remedy for the state of things existing according to the Lord Chancellor.

But the Company so ably administered under the direction of Sir Sydney Waterlow has really remedied the evil, as far as it affected some two thousand families. At the same time, it has shown that a fairly remunerative return is made to the investing capitalist, after due provision has been made for repairs, renewals, and contingencies.

Valuable as the actual work undertaken and accomplished by this Company undoubtedly is ; the result of the experiment is of still greater value. It ought to stimulate private individuals and associations to multiply existing 'improved dwellings' an hundred-fold.

And not only so. Now that each district will have, thanks to Mr. Torrens' Bill, the power to build up, as well as to condemn and remove 'slum' property, with the example of an experiment yielding a profit of five per cent., local vestries need not hesitate to provide healthy homes for their own parishioners. The scheme will be a *directly* remunerative one, and besides it will *indirectly* save the rates by reducing disease, and the other costly fruits of over-crowding.

Mr. G. C. T. Bartley's labours in inducing habits of thrift amongst the people are well known. In his National Penny Bank, Limited, his ideas have a chance of assuming practical form. The bank is slowly but surely making its way. Confidence in the undertaking is growing. Her Royal Highness the Princess Christian, in undertaking to lay the Foundation-stone of the Clerkenwell Branch on Wednesday next, is encouraging a project which in every way merits support.

It is becoming popular now to be an advocate of temperance. We have the spectacle of the Lord Chancellor, the Home Secretary, and other influential leaders of public opinion contributing to the discussion. But, after all, we must turn to the old stagers, who labour with a more than 'prentice hand,' to find anything fresh or sparkling. It is rarely that Sir Wilfrid

Lawson speaks without making a 'hit,' but he was at his best on the 8th inst., when he laid the foundation-stone of the Temperance Hospital. Speaking of temperance societies, Sir Wilfrid said :

'The object of a large number of good societies in existence was to diminish the vast quantity of alcohol that was consumed at the present time. Mr. Walter, the member for Berkshire, had been said to have described alcohol as "the devil in solution," and there had been some discussion on the phrase. He, for one, accepted it, but what he wanted was to get the devil in dissolution.' (Cheers and laughter.)

The Westminster Industrial Exhibition will be opened to the public by the Speaker of the House of Commons on Saturday next. The applications by exhibitors for space are already in excess of the accommodation at the disposal of the committee. Prince Leopold is president of the exhibition.

PUBLICATIONS.

INFLAMMATION OF THE EYE AND INJURIES TO HEALTH BY ARSENICAL WALL-PAPER POISONING, by Jabez Hogg ; London, Spottiswoode and Co., 1879.—As consulting surgeon to the Royal Westminster Ophthalmic Hospital, Mr. Hogg has had unusual opportunities of examining into and tracing out causes of eye-affections, and his experience has led him to attribute very serious maladies to arsenical poisoning. Dr. Hogg concludes his valuable pamphlet by stating :

'We have, then, I venture to think, arrived at two facts in connection with the subject of arsenical wall-paper poisoning ; first, that dust is separated in sufficient quantities to give rise to a peculiar train of symptoms ; and, secondly, that under certain conditions arseniuretted hydrogen is evolved, and which it is believed by chemists materially adds to the virulency of the poisonous dust. . . . It is most important that the air we breathe should not be saturated with poison by the carelessness or cupidity of manufacturers of papers or pigments. Manufactures in which poisons are employed should certainly come under the eye of the officers of health ; in the interests and for the sake of those who cannot protect themselves it is imperatively necessary that some prohibitory steps should be taken to prevent the sale of arsenical wall-papers.'

THE MEDIUM (weekly, 1½d), for Saturday last, contains a portrait and excellent biographical notice of the late William Howitt. Those who take an interest in psychological subjects will find much to interest them in this journal. By the way, its editor is a phrenologist of considerable repute, and in a notice of *House and Home* he says something about Sir Henry Thompson which may be of interest to our readers :

'The new monthly part of *House and Home* has on its wrapper a portrait of Sir Henry Thompson, F.R.C.S., the eminent surgeon and hygienist. The phrenologist sees in Sir Henry Thompson the organic endowments which are so strikingly exemplified in his life and teachings. The temperament is highly nervous, but well-controlled by balance of thorax, framework, and executive power. The body is of a pure type, high-toned, and the instrument of mind all over. The brain is of the intuitive type : eminently practical, knowing, and executive ; a man of great intensity of mental action and energy. He takes in all the circumstances at a glance, and his judgment penetrates deeper than his vision can go. He appears to be endowed with a species of clairvoyance, which enables him to project his sight beyond the surface, and see what is going on underneath. The crown of the head is full, indicating firmness of purpose, dignity, integrity, and an aptitude for engaging popular attention. Difficulties do not appal him, and he can exert himself to the utmost and yet not appear to be doing so.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

HOLLOWAY STORM FLOODS, ETC.

TO THE EDITOR OF 'HOUSE AND HOME.'

DEAR SIR,—

I have to thank you for drawing my attention to the importance of your journal in an economical, social, and sanitary point of view, and of its great value to members of building societies, and of all interested in house property. From what I know of your persistent efforts in the past for the public good, I have no doubt its programme will be literally carried out, which cannot but ensure for it a large and constantly increasing circulation. I have just introduced it to my friend the editor of the *Holloway Press*, of 45, Seven Sisters' Road, N., who takes a deep interest in all social and sanitary matters in which the body politic are concerned, as evidenced by his publication in this week's *Holloway Press* of my recent correspondence on the Holloway storm floods, a copy of which I venture to enclose for publication in your journal, as it may interest your numerous readers.

As your new paper is destined to make its way, not only in the south, but in the east, west, and north of London, I have introduced it to my friend Mr. James Cox, the respected manager of the London and South Western Bank, 403, Holloway Road, N., who has kindly undertaken to allow a copy of it to remain in the board-room of the bank, so that it may be open to all comers, and which may be of some service to you in obtaining for your journal additional subscribers.

As an old and true friend of yours, I cannot but wish you hearty success in the good work you have set your hand to, and believe me to be, most truly and sincerely yours,

JOHN ROBERT TAYLOR,

8, Spencer Road, Loraine Road, Holloway, N.
2nd May, 1879.

HOLLOWAY STORM FLOODS CORRESPONDENCE.

8, Spencer Road, Loraine Road, Holloway, N.,
26th April, 1879.

John Layton, Esq., Clerk to the Islington Vestry.

DEAR SIR,—

I enclose with this, copy correspondence herein, which, I trust, will meet with your esteemed approval, and that of the respected members of your board.

I may just add that since Mr. Wakefield addressed me in November last, I have had repeated personal interviews with that gentleman, to learn from him, from time to time, how matters were progressing, so that you must not fancy that I have been asleep at my post during the last five months. I have felt it to be my duty always to urge upon Mr. Wakefield, as well as upon some old friends of mine, members of the board, whom I have happened to meet on such occasions within the building at Spring Gardens, that the outlay of a few millions sterling, in improved metropolitan sewerage, would be as nothing in comparison to the benefits to be derived in the saving of human life, and in the prevention of evil.

The memorable 23rd June last is now almost forgotten, and I fancy it would not be far wrong if your board were to have placed in some conspicuous part of their splendid Vestry Hall, by way of a reminder, the golden warning—'Delays are dangerous!'

With great respect, I am, dear Sir,

Most faithfully yours,

JOHN ROBERT TAYLOR.

[Correspondence referred to.]

'Metropolitan Board of Works, Spring Gardens, S.W.,
19th November, 1878.

'SIR,—

'I am directed to inform you that the copy memorial forwarded by you on the subject of floodings at Holloway has been laid before the Board, and that the whole question of such floodings has been referred to a committee for special report.

'I am, Sir, your obedient servant,

'J. E. WAKEFIELD, Clerk of the Board.

'J. R. Taylor, Esq.'

'8, Spencer Road, Loraine Road, Holloway, N.,
'24th April, 1879.

'J. E. Wakefield, Esq., Clerk to the Metropolitan Board of Works.

'DEAR SIR,—

'On the 19th November last you courteously informed me, in reference to the above disastrous floodings on the 10th and 11th April, 23rd and 30th June, and on the 4th and 25th August, 1878, that the memorial thereon had been laid before the Board, and that the whole matter of such floodings had been referred to a committee for special report.

'Since the presentation of the memorial, a very large number of rate-payers and inhabitants of Upper and Lower Holloway have applied to me for information to learn what your Honourable Board intend to do in the matter, as they feel very much alarmed, fearing a repetition of such floodings, which has so disastrously eventuated in great loss to some, and has caused considerable sickness to prevail throughout the entire locality.

'Having the honour to be well known to at least twenty members of your Board, whom I much respect, and know to be exceedingly anxious to remedy the evil as speedily as possible, I feel, therefore, some little delicacy in pressing this matter upon the attention of the Board. However, I shall deem it to be a great favour if you will kindly let me know when the special report from the Works Committee is likely to be brought up,

'And oblige, dear Sir,

'Yours most faithfully and obliged,

'JOHN ROBERT TAYLOR.'

'Metropolitan Board of Works, Spring Gardens, S.W.,
'25th April, 1879.

'SIR,—

'I beg to acknowledge the receipt of your letter of the 24th instant, and to inform you that it will be laid before the Works, etc., Committee.

'I am, Sir, your obedient servant,

'J. E. WAKEFIELD, Clerk to the Board,

'John Robert Taylor, Esq.'

'Metropolitan Board of Works, Spring Gardens, S.W.,
'30th April, 1879.

'DEAR SIR,—

'I have laid before the Works and General Purposes Committee your letter of the 24th instant, on the subject of floodings at Holloway, and am directed to state, in reply, that the committee to whom the question of floodings from rainfall has been specially referred are not at present prepared with their report, but that the matter is still receiving careful consideration and will be reported on without avoidable delay.

'I am, dear Sir, yours faithfully,

'J. E. WAKEFIELD, Clerk of the Board.

'John Robert Taylor.'

PREVENTION OF FLOODS IN THE THAMES.

THE Select Committee of the House of Commons, charged with the consideration of the merits of the Bill promoted by the Metropolitan Board of Works for the prevention of floods in the Thames, met again on Monday last, Mr. W. E. Forster in the chair. The committee assembled at one, and were in private consultation till ten minutes to three o'clock, when, on the admission of the counsel and the public, the chairman announced that the committee had decided on passing the preamble of the Bill, on the understanding that a clause, submitted by Sir J. M'Garell Hogg, on behalf of the Metropolitan Board, should be inserted. That clause was to the effect that nothing in the Bill should authorise the Board, notwithstanding the general definition of the term 'banks and flood works,' in directing the execution of any works other than were necessary for the protection of land within the limits of the Bill from floods and damage caused by the overflow of the Thames; and the Board should have no authority to prescribe works for any purpose such as embankments similar in character to those previously executed by the Board under a special Act of Parliament. The preamble was passed unanimously. The consideration of the clauses was then proceeded with, most of the parties opposing the Bill retiring at this juncture.

Dr. Willard Parker, at a lecture on 'Digestion,' in New York, recently, gave the following rules: Eat slowly, at regular intervals. Do not drink much while eating, except in moderate quantities. Immediately after eating do not engage in severe physical or mental work. Do not take food extremely hot or cold, nor when exceedingly exhausted. Eat food in variety and plainly cooked.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

The manner of giving, shows the character of the giver more than the gift itself.—*Lavater*.

Fortune is a goddess to fools, whilst the wise are masters of their own.—*Latin Proverb*.

A philosopher's ordinary language and admission in general conversations or writings *ad populum*, are his watch compared with his astronomical time-piece. He sets the former by the town-clock, not because he believes it right, but because his neighbours and his cook go by it.—*Coleridge's Table Talk*.

The guardian angel of life sometimes flies so high that man cannot see him; but he always is looking down upon us, and will soon hover nearer to us.—*Richter*.]

Oh, cousin, let us be content in work,
To do the thing we can, and not presume
To fret because it's little. 'Twill employ
Seven men, they say, to make a perfect pin:
Who makes the head, content to miss the point,—
Who makes the point, agreed to leave the join;
And if a man should cry, 'I want a pin,
And I must make it straightway, head and point,—
His wisdom is not with the pin he wants.
Seven men to a pin,—and not a man too much!
Seven generations, haply, to this world,
To right it visibly, a finger's breadth,
And mend its rents a little.—*E. B. Browning*.

If a man is not rising upwards to be an angel, depend upon it he is sinking downwards to be a devil. He cannot stop at the beast. The most savage of men are not beasts; they are a great deal worse.—*Coleridge*.

Who turns up his nose, is unfit for friendship.—*Lavater*.

Farewell, farewell! But this I tell
To thee, thou wedding-guest!
He prayeth well who loveth well
Both man, and bird, and beast.
He prayeth best who loveth best,
All things, both great and small:
For the dear God, who loveth us,
He made and loveth all.

Coleridge.

Each departed friend is a magnet that attracts us to the next world, and the old man lives among graves.—*Richter*.

To go to law, is for two persons to kindle a fire at their own cost to warm others, and singe themselves to cinders; and because they cannot agree as to what is truth and equity, they will both agree to unplume themselves, that others may be decorated with their feathers.—*Owen Felltham*.

'There cannot,' says Locke, 'be a more dangerous thing to rely on, than the opinion of others, nor more likely to mislead one; since there is much more falsehood and error among men, than truth and knowledge; and if the opinions and persuasions of others, whom we know and think well of, be a ground of assent, men have reason to be heathens in Japan, Mahometans in Turkey, Papists in Spain, Protestants in England, and Lutherans in Sweden.'—*Locke on the Human Understanding*.

Happiness consists not in luxury and pride; to want nothing is divine, and to want little, next to divine.—*Socrates*.

In whatever family the husband is contented with his wife, and the wife with her husband; in that house will fortune be assuredly permanent.—*Hindoo*.

THE HOUSEWIFE'S CORNER.

A WARNING.

Household departments are very good adjuncts to a newspaper in their way, when edited by a woman, but the male journalist who dabbles with the heaven-inspired mysteries of cooking runs a frightful risk. The editor of the *Weekly Petaluma Peavine* started a column of that kind recently, and a few days afterwards a fierce-looking female came into the office, carefully concealing some object behind her apron. 'Are you the man that published that new and improved way to make currant cake?' He said he was. 'You said to mix washing soda with the flour, and stir in a little corn meal and sweet oil to give it consistency?' 'I—I—believe so.' 'And to add fifteen eggs and some molasses, and two ounces of gum arabic, and set in a cool place to bake?' 'I think that was it.' 'Well, take that then!' and the indignant housewife knocked him down with a weapon that felt like a sand club, but which he felt in his heart must have been a half-baked hunk of cake, constructed on the *Peavine* pattern.

LENTIL PUDDINGS,

The following recipe appeared in a weekly journal as far back as 1848:—Take two tablespoonfuls of flour of lentils, mix it with half a teacupful of cold milk; then pour on nearly a pint of boiling milk; beat up two or three eggs, and mix well together; sweeten with sugar, add a slice of butter, and flavour it with grated nutmeg, lemon peel, and ground cinnamon, or with bitter and sweet almonds—about half an ounce of bitter and half an ounce of sweet, blanched and pounded fine with a little sugar. Bake it in a dish, with a rim of paste round the edge, about half-an-hour; or boil in a well-buttered mould or basin. When boiled, four eggs should be used instead of three, and it may be served with sweet sauce. When required for gruel, the flour should be treated in the same manner as prepared groats.

At the time of its publication the vegetable was becoming extensively used in England. It was then prepared and sold as 'Nevill's Patent Flour of Lentils,' and according to Dr. Lyon Playfair, this kind of food was more nutritious than any other leguminous plant.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

TO CORRESPONDENTS.

Several interesting communications, including one from a 'Shaftesbury Parker,' stand over.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

*** Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

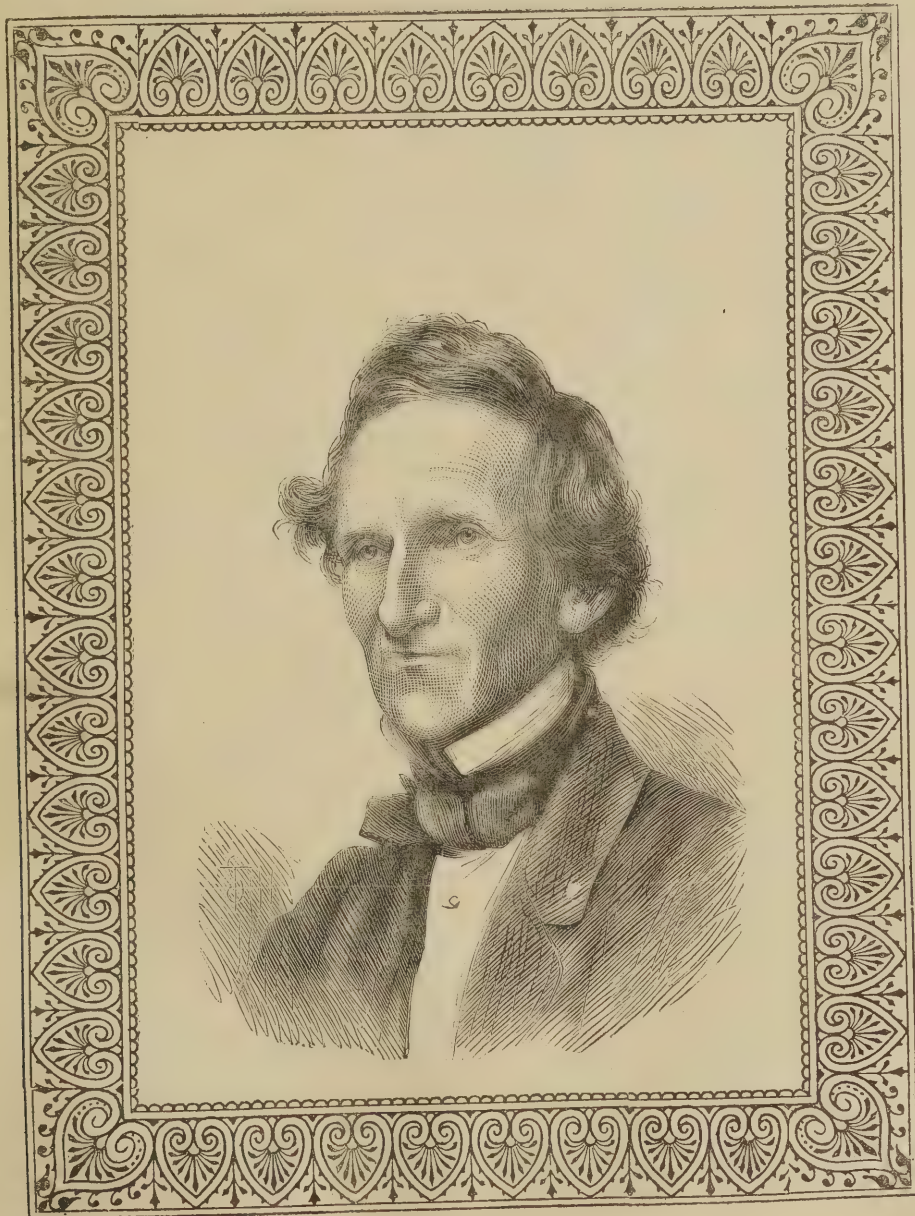
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 18, Vol. I.]

SATURDAY, MAY 24TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



ELIHU BURRITT.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: MAY 24th, 1879.

CONTENTS.

	PAGE
ELIHU BURRITT	211
PHRENOLOGICAL SKETCH OF ELIHU BURRITT, BY STACKPOOL	
E. O'DELL	212
THE ARTIZANS' DWELLINGS ACT (1868) EXTENSION	212
IMPROVEMENTS IN GLASGOW AND THE CITY IMPROVEMENT ACTS.	
—ORIGIN OF THE ARTIZANS' DWELLINGS ACT	213
WHAT IS TO BE DONE WITH THE SLUMS? BY T. W. McCULLAGH	
TORRENS, M.P.	215
ALCOHOLIC LIQUORS AS FOOD, BY R. SHIPMAN	216
IMPURE WATER AND FEVER	217
HINTS ABOUT HOUSE CLEANING.—III. FLOORS <i>v.</i> CARPETS	217
CURRENT OPINIONS AND EVENTS	218
POULTRY KEEPING	218
SANITARY HOUSE CONSTRUCTION	219
HOLLOWAY STORM FLOODS	219
GEMS OF THOUGHT	220
THE HOUSEWIFE'S CORNER	220

ELIHU BURRITT.

'Kind hearts are more than coronets,
And simple faith than Norman blood.'

Tennyson.

'And rank is but the guinea-stamp.'

Burns.

ELIHU BURRITT—to those who have enjoyed the advantage of personal intercourse with, and know something of the lifework of, 'the philosophical blacksmith of New England,' what a meaning there is in that name! And now that he is gone from us, how memory delights to picture him as he was presented to us in his kindly, devoted, benevolent, and pure life.

Elihu Burritt was born in New Britain, Connecticut, United States, on the 8th of December, 1810; and he died in his native place, March 7th, 1879. His father and grandfather, who bore the same Christian name, were descended from William Burritt, who died in 1651 in Stratford, Connecticut. His father was a small farmer in very humble circumstances, and during the winter months he employed himself in shoe-making. But troubles and difficulties never soured him; and his now eminent son has described him as 'a man of nervous temperament, quick apprehension, and vivid sympathies;' a description borne out by the hospitality he displayed towards those who were more needy than himself. Of his mother, the subject of our sketch said, 'She was the best friend her children had on this side of Jesus Christ.'

Elihu was the youngest of ten children, and his early years were spent under the paternal roof. He was passionately fond of books; and as soon as he had mastered the spelling-book, he would steal away with the Bible under his arm, and literally devour its eventful histories and personal narratives. The few other books his parents possessed were eagerly read, and by the time he was sixteen years of age he had mastered the historical works contained in the little village library.

At this time he apprenticed himself to a blacksmith; and when the term of his apprenticeship expired and he was twenty-

one years of age, under the advice of his eldest brother, he laid aside his hammer and became a student for six months, merely with the view of being able to manage a surveyor's compass, and, perhaps, of reading Virgil in Latin. On the expiration of this term he engaged himself at his trade to do the work of two men, and received double pay, thereby making up for lost time.

But he continued his 'pursuit of knowledge under difficulties;' and his fame as a diligent student spread until 1839, when he was visited by Dr. Nelson, whose attention was directed to Mr. Burritt by an address delivered in 1838 by Governor Everett, who stated that he knew 'a blacksmith of that State, who had, by his unaided industry, made himself acquainted with fifty languages.' Dr. Nelson addressed an article to the 'Southern Literary Messenger,' March, 1840, in which he said:

'Like any other son of Vulcan, Mr. Burritt was at his anvil. I introduced myself to him, observing that I had read with great pleasure, and with unfeigned astonishment, an account of him by the Governor of the State, which had induced me to take the liberty of paying him a visit. He very modestly replied that the Governor had done him more than justice.'

At this interview, Mr. Burritt promised to write Mr. Nelson particulars of his studies; and in the letter addressed to him accordingly, he said:

'I find myself involved in a species of notoriety not at all in consonance with my feelings. Those who have been acquainted with my character from my youth up will give me credit for sincerity when I say that it never entered my heart to blazon forth any acquisition of my own. I had, until the unfortunate denouement which I have mentioned, pursued the even tenor of my way unnoticed, even among my brethren and kindred. None of them ever thought I had any particular Genius, as it is called; I never thought so myself. . . . All that I have accomplished, or expect or hope to accomplish, has been and will be by that plodding, patient, persevering process of accretion which builds the ant-heap, particle by particle, thought by thought, fact by fact. And if ever I was actuated by ambition, its highest and warmest aspiration reached no farther than the hope to set before the young men of my country an example in employing those invaluable fragments of time called "odd moments." And, sir, I should esteem it an honour of costlier water than the tiara encircling a monarch's brow, if my future activity and attainments should encourage American WORKING MEN to be proud and jealous of the credentials which God has given them to every eminence and immunity in the empire of mind. These are the views and sentiments with which I have sat down, night by night, for years, with blistered hands and brightening hope, to studies which I hoped might be serviceable to that class of the community to which I am proud to belong. This is my AMBITION. This is the goal of my aspirations. But not only the prize, but the whole course lies before me, perhaps beyond my reach. "I count myself not yet to have attained" to anything worthy of public notice or private mention; what I MAY DO is for Providence to determine.'

During the years 1841-2 Mr. Burritt spent part of his time in lecturing, with a success that ensured him a reputation. In 1844 he started *The Christian Citizen*, a paper devoted to the advocacy of peace, temperance, human brotherhood, the abolition of negro slavery, and ocean penny postage, and continued it for seven years.

On the 16th of June, 1846, Mr. Burritt left America for this country, where he devoted himself to the advocacy of peace and kindred reforms; and it was on the 1st of August in that year that No. 1 of his celebrated *Bond of Brotherhood* appeared. This little magazine at first consisted of only four pages, and was issued for one farthing. It was largely used for gratuitous distribution by the members of the LEAGUE OF UNIVERSAL BROTHERHOOD. In January, 1849, the size of the *Bond* was increased to eight pages, and its price to one half-penny. In August, 1850, the magazine was enlarged to sixteen pages, when its price became one penny, and it was issued in this form until December, 1867, when Mr. Burritt changed its title to *Fireside Words*; but the publication was discontinued in the following December. The twenty volumes of this magazine contain perhaps the best of Mr. Burritt's writings; and although many of the contributions to it have been republished in volumes at various times, much valuable material is still buried in this scarce and obscure periodical. In 1847 the first of these volumes was issued, entitled, 'Sparks from the Anvil,' and it was speedily followed by 'A Voice from the Forge,' and 'Peace Papers for the People.' *The Citizen of the World* was issued by Mr. Burritt for two years in Philadelphia, 1855-6; and *The North and South*, 1858-9, in New Britain.

Mr. Burritt crossed and recrossed the Atlantic several times, but in December, 1862, he visited this country after a prolonged absence. He lectured extensively on 'The Higher Mission of Commerce,' 'The Physiology of Nations,' 'The Philanthropic Societies of the Age,' 'Peace,' and other topics.

The following volumes were published by him in recent years: 'A Walk from London to John O'Groats,' 1864; 'A Walk from London to Land's End and Back,' 1868; 'The Mission of Great Sufferings,' 1868; 'Thoughts and Notes at Home and Abroad,' 1868; 'Lectures and Speeches,' 1869; 'Old Burchell's Pocket,' 1870; 'Jacob and Joseph,' 1870; 'Walks in the Black Country and its Green Border Land,' 1872; 'A Voice from the Back Pews,' 1872;

In 1865 Elihu Burritt was appointed United States Consular Agent at Birmingham, a post which he retained until 1869. In 1870 he returned to his home in New Britain, and from that time he has been busy in promoting by tongue and pen the movements to which he had devoted his life. He lived to see many of these reforms accomplished, and, if the full fruition of success did not reward all his labours, he had the satisfaction of seeing principles at one time regarded as Utopian calmly and fairly discussed and considered, and, in a measure, adopted. Among his personal friends he could number many of the most distinguished men in the Old and New Worlds. He was held in universal esteem, and his death has been deeply lamented in all parts of the civilised world.

PHRENOLOGICAL SKETCH OF ELIHU BURRITT.

By STACKPOOL E. O'DELL.*

MANHOOD, brotherhood, and universal love are positively denoted here. He would as a parent, if required, sink himself to keep his family afloat; he would as a citizen sink his family for his city; he would as a countryman sink his city

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, E.C.

for his country; and as a universal lover of mankind sink his country for the world.

Be you black or white, rich or poor, accepted or rejected by others, if you need sympathy it is sufficient to draw him to you.

This man could never stoop to tricky or tortuous-minded methods, in order to develop a plan or gain an object.

Approbation here comes from 'within' not from 'without.'

He would not care for the loudest plaudits except they were in harmony with his own conscience, and the loudest censure would not prevent him carrying out his conscientious plans.

Herein is marked thought so great as to be incomprehensible to the world. Thought not great as the world would consider greatness, but thought so noble that no nobility could exalt it—so lofty as to stunt, dwarf, and make all ordinary minds appear very inferior indeed.

Yet I do not mean that he would be great in science or in literature, or in many of the hundreds of great things which we stamp with our approbation; but great in goodness, great with large, lofty, and ever-ennobling feelings of benevolence.

Benevolence, the peer of all other portions of the mind; and this benevolence would be of a practical kind, not of that nature which thinks, desires, feels, and it may be weeps, and then no more, but benevolence that will cause self-denial in small as well as in great things, without any hope of a return, either in thanks or gratitude—that benevolence which will not let the left hand know what is done by the right, and will constantly keep the intelligence in action for kindly purposes.

There may be deficiencies and excesses, as there are in most heads; but we are now dealing with the most prominent and ruling trait, which is 'Benevolence,' and here, like 'a king,' it makes its subjects act under its authority:



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

'Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS' DWELLINGS ACT (1868) EXTENSION.

At no previous period has so much attention as at present been directed to the need of improved house accommodation for the masses. According to the *Times*, 'the proper housing of the artizan class is of vital consequence;' and the same authority assures us that 'it is by the improvement of the house that the first step upwards must be made;' while years ago Lord Beaconsfield gave utterance to the dictum that 'the best security of civilisation is the dwelling; it is the real nursery of all domestic virtues.'

The evils of overcrowding, and of filthy or unhealthy houses, such as exists, more or less, in all our large towns, are too painfully prevalent to be doubted or questioned. And the results are disastrous not only to the immediate victims, *i.e.*, to those who from want of better house accommodation are driven into these nests of vice and disease, but to society at large, upon whom in one form or another these evils react. The matter is becoming so important that a remedy, adequate and effectual, is all but universally demanded. Philanthropic effort, by private individuals and public companies and societies, has done something in indicating both the possibility of cure and the best lines to proceed upon.

In 1866 the Corporation of Glasgow obtained a City Improvement Act, which enabled them to purchase and sweep away blocks of condemned buildings, and to provide house accommodation for the evicted tenants. Under its provisions many substantial improvements have been effected. From the date of the Act down to the end of 1878, no less a sum than £1,538,971 was paid for property purchased, and ample accommodation has been provided for its displaced occupants. The death-rate has been reduced from 29 in 1866 to 26 per 1000 in 1878, or, in other words, 2000 lives have been saved by the improved house accommodation afforded.

In 1868 Mr. McCullagh Torrens, who had given the subject much thought and consideration, became convinced that notwithstanding the excellent work done by private philanthropy, the evil was of too serious a nature and too widespread in extent to leave it to be remedied by private effort. He therefore introduced and succeeded in carrying through the Commons, a bill enabling local bodies to insist on the improvement or demolition of houses pronounced unfit for human habitation; and if the owner refused to comply with the request, the authority was empowered to take possession of the property after paying compensation for it, to pull down and rebuild, or to let or sell the land for the purpose of rebuilding.

Unfortunately, the clauses for empowering compensation were struck out by the Lords, and the result has been that the Act of 1868 has been operative in condemning and pulling down, but inoperative so far as rebuilding is concerned.

In 1872, under the Metropolitan Streets' Improvement Act, eleven sites were set apart for workmen's dwellings, but up to the present time only three out of the eleven have been utilised, the remaining eight being still vacant. Then in 1875 Mr. Cross passed his Act, which has hitherto been inoperative in London so far as building is concerned. So that we have the evil of chronic overcrowding, as it existed prior to legislative attempts at a remedy, intensified by the wholesale eviction of thousands of residents from condemned properties, without any provision having been made for properly housing them; and these people have been driven to take shelter—any they could get—in already overcrowded districts.

The Metropolitan Board of Works has practically blocked the way, by asking exorbitant prices for the land at its disposal, and it is daily becoming more and more evident that centralisation is a mistake so far as the administration of these Acts is concerned. Only last week, as we report in another column, Dr. Rogers, the Medical Officer of Health in the Limehouse district, reported to the District Board that a space of 94,000

feet, comprising 105 houses, was the seat of zymotic disease—that the death-rate there was 31 per 1000, against 25, the average of the district, and that the evil could only be remedied by an improvement scheme. But the chairman, as representative of the Metropolitan Board of Works, said there was little hope of that body taking up the matter for some time, as a number of other cases had precedence; and he intimated that the subject had only been brought before the Local Board as a matter of courtesy, as the Metropolitan Board of Works *alone* could deal with it.

It is to remedy this unsatisfactory state of things that Mr. Torrens has introduced his present Bill. Clearly these local improvements can be best undertaken by the local authority; and it is to be hoped that the present Bill will not be shorn of its locks, either in Committee in the Commons or in the Upper House. We trust our readers will urge their Parliamentary representatives to stand by Mr. Torrens' bill, and to resist all amendments calculated to weaken it or render it inoperative. The vital points of the Bill, those constituting *local* bodies the authority, those providing for compensation, and those giving the authority power to rebuild, must be preserved, or the measure had better be withdrawn.

IMPROVEMENTS IN GLASGOW, AND THE CITY IMPROVEMENT ACTS.—ORIGIN OF THE ARTIZANS' DWELLINGS ACT.

PAPER BY SIR JAMES WATSON, AND THE DISCUSSION THEREON.

(Continued from page 201.)

SIR JAMES WATSON said he would reply to some of the questions put to him. He believed that it was considered by the builders in Glasgow that it would not pay to erect such buildings as he had described in his paper, unless they could procure ground at 30s. per yard; but then he ought to say that they looked for a return of 6½ or 7 per cent. He was unable to give the particulars asked for as to the cost of maintenance, etc., inasmuch as the Improvement Trust sold the sites cleared to builders, who erected the blocks of dwellings as their own speculations, and managed them themselves, so that they alone could give the cost of maintenance, supervision, etc. The floors were not fireproof. Overcrowding of tenements was prevented in Glasgow by a staff of inspectors, who were empowered by the Glasgow Police Act to enter any house in which there were not more than three apartments between the hours of eleven o'clock at night and three in the morning; and persons offending by allowing their tenements to be overcrowded were summoned before the magistrates and fined. Where, however, it was found that the overcrowding was due to the natural increase of the family, very great leniency was shown, and the fines were only rigidly enforced when the occupiers caused the overcrowding by taking in lodgers. The model lodging-houses such as he had described, for single men and women, paid extremely well. He was connected with an association which established three lodging-houses—two for men, and one for women. One of these lodging-houses accommodated 320 inmates, and the charge was 3d. per night, or 1s. 6d. per week, including the provision of soap and towels and cooking utensils, and the use of a reading room. Latterly the charge had been 3½d. per night, or 1s. 9d. per week. At the end of a period of thirty years they had been able to pay to the persons who had contributed the funds 5 per cent. per annum for the whole of the period, and to hand over to the Royal Infirmary a sum of £16,000, those who found the money agreeing at the outset not to take a larger dividend than 5 per cent. For the first three or four years, however, no dividend was paid at the time. He had not the slightest doubt that such model lodging-houses as

he had described in his paper would pay very well in the metropolis, if placed in suitable localities and properly managed.

Mr. HONEYMAN, of Glasgow, said it was to be borne in mind that the Corporation of Glasgow had not itself engaged in the erection of blocks of model dwellings for families, but only in the provision of model lodging-houses for single men and women.

SIR JAMES WATSON, in answer to a suggestion made by the President, here said that he should be happy to send to the Institute all the information he could as to the cost of erection and maintenance of these lodging-houses in Glasgow.

Mr. HONEYMAN, continuing, said he should have to restrict himself to the somewhat ungracious task of fault-finding, although the spirit in which he did so would not be misunderstood by Sir James Watson, nor, he hoped, by any one else. But, first of all, he should like to mention a pleasing circumstance in connection with the improvements which had been carried out in Glasgow. When the Improvement Act was obtained, and the areas decided upon, the Town Council asked five or six Glasgow architects (of whom he had the honour to be one) to give them their professional opinion as to the way in which the selected areas could be dealt with to the best advantage in the laying out of streets and the erection of new buildings of different kinds. Each architect received an honorarium for his trouble. He mentioned this because he thought it afforded an example which might worthily be followed by other corporations and public bodies. One point which he took occasion to speak of publicly in 1866, when the Act was obtained, was that one of the greatest advantages which might be effected under the operation of the Act would be missed altogether if it were not carried out in such a manner as to insure that a considerable part of the areas dealt with should continue to be occupied by the very poorest. He thought that object had not been gained. The policy of the Glasgow Improvement Trustees had been rather to disperse the population to newer and better localities, and, of course, a great deal could be said for such a policy, although he considered it to be a great mistake. The working population of a great city like Glasgow should be concentrated as much as possible in the neighbourhood of the works in which they were engaged, as their dispersal to a distance involved great hardships. It was a mistake to suppose that density of population was necessarily an evil. It was, of course, palpable to any one who had seen the old 'closes' of Glasgow, with their huge tenements erected on each side of a narrow lane, having a width of from four feet to seven feet, without the slightest regard to sanitary contrivances in any way whatever, that in such cases the density of population would be accompanied by an exceedingly high death-rate. But if such large buildings were properly planned and constructed, the experience of Glasgow and London had shown conclusively that a larger population might be housed in such buildings on a given area, without detriment to health, than had previously overcrowded the slums which were displaced by the new buildings. The Chairman had suggested that the water companies should partially remit their charges, in order that cheap dwellings might be provided for the poor at a remunerative rate; but he (Mr. Honeyman) thought that commercial companies could hardly be expected to do that. But where, as in Glasgow, the gas and water supply was in the hands of the Corporation, he thought that such blocks of dwellings might fairly be supplied at a reduced cost. He did not think, however, that it was advisable for corporations to build houses for the working classes with rates which they levied from the community, if they could possibly gain their object by any other means. He agreed with the chairman in thinking that public bodies such as the Metropolitan Board of Works might reasonably be expected to facilitate the erection of wholesome dwellings for workmen by granting land at reduced rates, and by holding out other inducements. But if they did not see their way to give direct encouragement in the direction indicated, municipalities and other bodies could, at least, withhold the discouragement caused by the imposition of unnecessary restrictions upon building. For instance, in Glasgow every room was obliged to be not less than ten feet high. Probably Sir Sydney Waterlow's company would not have succeeded had such a rule obtained in London. On the whole, he did not think that the difficulty had yet been solved. The model lodging-houses of Glasgow, excellent as they were, did not provide dwellings for families of the poorer class. As to the cost of the Glasgow buildings, his impression was that it was about 6d. per foot cube. It had occurred to him, on hearing the remarks of Sir Sydney Waterlow, that if the buildings erected by the Improved Industrial Dwellings Company could be made to pay a dividend of 5 per cent., in face of the fact that in London land cost from £3 to £5 per yard, as against 30s. in Glasgow, there must be some lesson which London was able to teach Glasgow, unless the buildings put up in London cost a great deal less than 6d. per foot.

The CHAIRMAN said he was enabled to give the cost per foot cube of the sixteen blocks of buildings erected by Sir Sydney Waterlow's company between the years 1865 and 1874. The cheapest block was built for 5d. per foot cube, and the most expensive one cost 8½d. The prices of the sixteen blocks per cube foot were as follow: 6¼d., 6½d., 6¾d., 6¾d., 7¼d., 6½d., 7¾d., 8½d., 6¾d., 7d., 6d., 6½d., 5d., 7¼d., and 7¾d., the average price being 7d. per foot cube. The Victoria Dwellings at Battersea, for which he (the chairman) had been concerned as architect, cost 7½d. per foot, without the provision of a separate water-closet to each tenement. The tenements varied in the number of the rooms they contained. They were mostly two, three, and four-roomed tenements, but there were some single-roomed tenements, each of which was fitted with cooking-range and sink. There was a water-closet in common to the occupants of every four tenements. He knew that objections were urged against this plan, but to provide a separate water-closet to each tenement would be, he thought, a refinement of delicacy, and it would certainly add materially to the first cost and to the cost of supervision and maintenance.

Mr. SMITH said that in some of the blocks of artisans' dwellings which had been erected in many of the provincial towns, especially in the North, it was customary to locate the water-closets in nests or clusters in separate blocks between the living-rooms, and he believed that, when properly managed, nothing could be more satisfactory. He was under the impression that there was some more recent statute under which, if the land acquired under the Artizans' Dwellings Act were not appropriated for the purpose of erecting workmen's dwellings within a period of three years after it had been cleared, it could be appropriated to the erection of other buildings.

The CHAIRMAN read a letter which he had received from Mr. Wyatt Papworth, stating that he understood there was some such subsequent Act or clause. 'It has been, I hope ill-naturedly, suggested' (continued the chairman) 'that the ground is offered, or pretended to be offered, at a forbidding price, so as to keep it vacant for three years, when this clause will become operative, and, in other words, the purpose of the original Act will be entirely defeated.'

Mr. GEORGE JENNINGS then, on the invitation of the chairman, proceeded to describe one or two of his specialties applicable to blocks of model dwellings. He first of all called attention to his well-known patent sink, which is made of galvanised iron, somewhat deeper than the ordinary stone sink. By a very ingenious yet simple arrangement, the sink is convertible at will into a trough for washing clothes, vegetables, plates and dishes; and it will also serve as a bath for the baby, and as a lavatory for an adult. This sink has been, and is being, largely used, and is fitted up in the Victoria Dwellings at Battersea Park, where we hear that it is much appreciated. Mr. Jennings also called attention to a very ingenious water-waste preventer, automatic in its action, and entirely obviating the use of the small cisterns (frequently out of order) which are generally known by that name. The third contrivance to which Mr. Jennings drew attention was a new form of trapless water-closet.

Mr. MARK H. JUDGE expressed the opinion that the failure to make progress in carrying out the provisions of the Artizans' Dwellings Act and similar statutes was due to the absence of anything like a proper system of municipal government for the metropolis. Glasgow had shown what good local government could do.

Mr. CHARLES FOWLER said he had been surprised to hear Mr. Torrens express the opinion that the various local vestries and district boards could be best entrusted with the duty of carrying out the provisions of his Act. He (Mr. Fowler) should have thought that such a work could only be safely entrusted to a central body. He thought that it was abundantly proved that artisans' dwellings could be profitably erected, and stated that a speculative builder, in a district of London with which he (Mr. Fowler) was well acquainted, had found it worth his while to give as much as 7d. per foot per annum for ground, upon which he had erected some fairly-well built and planned dwellings.

After a few remarks from the CHAIRMAN,

SIR JAMES WATSON, in replying on the whole discussion, admitted that the subject was surrounded by very great difficulties. He thought that Mr. Torrens's Act, even as he proposed to amend it, would be imperfect in so far as he entrusted its administration to the small local authorities. Possibly the difficulty might be solved for London by the creation of a body of improvement commissioners, drawn partly from the Office of Works, partly from the Metropolitan Board, and partly from the vestries.

A vote of thanks was tendered to Sir James for his valuable paper.

WHAT IS TO BE DONE WITH THE SLUMS ?

BY W. T. McCULLAGH TORRENS, M.P.

IT is a sad and discreditable fact that in the richest and most civilized city of the world chronic overcrowding is worse than ever. In spite of all the humane dead-lifts that have been made to purify by sanitary laws, and to patch up bits of dilapidation here and there ; in spite of the unostentatious generosity of noble-hearted individuals, and the joint-stock efforts of philanthropy and political economy to prove that benevolence well managed may earn five per cent., or at least four-and-a-half ; in spite of what has been effected by the munificence of the Baroness Burdett-Coutts and the gifts of Mr. Peabody, the congestion of work-a-day life in great tracts of London has under our eyes sensibly increased, is dangerously increasing, and ought, without further paltering, to be effectually diminished. The day is past for fiddle-faddle theories about the general adequacy or the partial applicability of the principles of supply and demand to the roofing of four millions of people who have been drawn together in the smallest space ever occupied by such a mass of human beings, and who cannot by any force or persuasion be scattered over the less populous regions of the realm, because if they move they must starve. Here they are, and here for the most part they are certain to remain, earning their bread and obeying the law, and contributing their quota of indirect taxes to the state, without mutinous cabal or anarchic plot or tumultuous gatherings, even to complain, yet doomed to dwell—hundreds of thousands of them—in styes and dens not fit for brutes to be stalled in, far less for fellow Christians. It is no use railing at the selfishness of great proprietors of house property, who might, if they would, do a good deal to abate the existing evil and check its growth in future. There are few metropolitan landlords who have the power, and still fewer who have the will, of the Duke of Westminster. He rebuilds where he pulls down ; and he rebuilds not merely mansions more luxurious for those who can afford them, but, near and around, dwellings of varied dimensions for those who follow various sorts of industry, and lightsome, cheerful, and well-ventilated habitations for such as live by waged labour. This is what comes of keeping a conscience, and acting up to one's responsibilities. This is the true conservatism which heaps coals of fire upon the head of democracy, and which, if it were generally followed in social matters, would take the bread out of the mouth of agitators, and leave Communism not a chance of converts. If the graduation of society as it exists in England is to continue, the intermingling of classes must be allowed and even encouraged in great towns as well as in country parishes. The true ringleaders of anarchy to come are the men who clear the hill-side and the valley to escape liability in time of need, or to extend for ostentation rather than pleasure cover for game or park for deer. These are the real propagandists of the counter creed of Levelling, not the penniless mobs casually gathered to shout ' Rent by jury,' or ' lots apiece for all.' England hates uniformity, and should uniformity come, the civilization, worth, and glory of England will be no more. It will never come if landed property learns betimes the prudence of being patriotic, and eschews as poison the egotism of over-expenditure. But are the duties of property less in the swarming parishes of a town than in the hamlet-studded regions of a sparsely-populated country ? To impartial observers they would seem to be more obligatory, inasmuch as the good fruits of their performance and the ill consequences of their neglect are incalculably greater. And yet it is unhappily notorious that in too many instances society pleads in vain for sympathy or help in its struggle for decent and wholesome dwellings, to the great owners of house property. Some of them are content to keep up the lucrative slum ; for it pays well, uncommonly well, scandalously well. The middlemen can afford to take leases for years of courts and alleys and sides of back streets at extra rents, because, as every body knows who chooses to know, they can, by over crowding, sub-let them at usurious profit. Other proprietors affect disdain of this sordid and unsavoury mode of money making. They are all for demolition and re-building on the genteel principle. They would improve the town by improving the estate, and their plan is to improve the working population out of sight. The bees may make honey while they can by day, but the lordly hive must be cleared of them at night. No weary loiterers allowed. Lodging-houses must be interdicted ; sub-letting of all kinds forbidden under penalties ; and, in a word, class distinction made the condition and test of toleration in locality. The only comfort is that there are not a great many large proprietors of this way of thinking in any of our great cities. The vast preponderance of house property belongs to persons comparatively obscure and wholly powerless to influence, individually or even by ordinary combination, the

plight of the circumjacent neighbourhood, in which their very names and addresses are almost unknown. Small freeholds and long leases so abound in nine-tenths of London, that to save time and trouble it may be said at once, if a law of amelioration is to have any practical efficacy, it must be made with reference specifically to them. And if it be useless to upbraid lordly owners of slum, equally idle is it to set about scolding what are sometimes called the shabby and greedy owners of a score or a dozen dingy or disreputable houses. The rents so derived are their income, frequently inherited, or left by will, or taken over in payment of mortgage. You might as well try to whistle the birds off the bushes as to coax these people to give up their rents for a twelvemonth, pull down their wretched houses, and borrow money to build them up again for the benefit of they don't know whom, merely in compliance with the principles of philanthropy. Yet this hideous mockery of an alternative is practically what the enlightened public would seem to rely on for the abatement of the most pressing evil of the day. Empty chatter about supply and demand, *laissez-faire* in house-building, and political homilies about keeping the smallest room clean, make up the beginning and middle and end of all that political economists and starched *doctrinaires* of every description have to say upon the subject. Do not landlords know best what sort of tenants they want ? Do not workmen know best what sort of accommodation they need ? If they are dirty or lazy or drunken, will they not swelter and grub wherever they are ? And would they not to-morrow make a piggery of any new room they were placed in ? If they are cleanly, sober, and decent, will they not travel by tram to the suburbs or by rail to the country, where they can have fresh air for nothing—yes, and any amount of wet-through-and-dry-again experience into the bargain ? But this, or the greater part of it, is mere nonsense, intensely provocative of bitter and resentful scoff wherever men are driven together to drink care away and listen to wild schemes of subversive change as their only hope of escape from the misery of overcrowding.

There is not a large employer of labour who has the intellect or the heart to inquire into the condition of his workmen, who does not feel the importance of their dwelling within reasonable distance of their work. He knows by practical experience that the majority of them will not, if they can help it, go far off ; and he knows that he and they would be the worse for it if they did. Men of wealth and humane disposition are in many instances anxious to provide accommodation for their people close at hand ; and instances might be named where this has been done, not from any pitiful desire to speculate in the wants of labour, or with the least taint of the miserable greed represented in the Truck Acts, but simply from an honourable and withal prudential desire to keep wage dependents in comfort and content. An unspeakably wretched and vile range of houses off Drury Lane were some years ago removed, not all at once, but by degrees, by the Local Authorities. One plot was bought and built on by the School Board, and another by Messrs. Pfeil, Stedall, and Son, partly for additional warehouses and partly to provide decent habitations for a certain number of their workpeople at moderate rents payable out of their wages. But continually employers are balked in the attempt by the existing state of the law. The same impediments that have hitherto hindered local authorities in replacing decayed and healthful dwellings, baffle them. Take an example from the experience of yesterday. One of the largest firms in central London found their workpeople worried and harassed by eviction from their homes by the dilapidatory sweep of what are called metropolitan improvements. Hundreds of houses full of inhabitants from cellar to garret were cleared away in the course of a few months. The first batch dispossessed were able to squeeze into the surrounding streets, already far too full ; but the succeeding detachments of fugitives from the crowbar and pick-axe of pitiless improvement had to wander hither and thither ; permanently but inevitably expanding the circle of slum : for in no case worth mentioning was any provision made for the want of habitation thus created ; nor to the present hour has there been. Messrs. Combe and Co. not choosing to look on passively at this dislocation of industry, set about trying how the portion of it might be counterbalanced that affected their own best hands. They found abutting on their stables a tumble-down house crammed with lodgers ; the cellarage reeking with filth ; the small rooms fœtid, not from prevalence of statutable disease, but from the far commoner, and not less certain, pestilence of over-used and re-inhaled air. They sought out the owner, who had a mind to sell, and who could be bribed by £500 to do so. As quickly as might be a higher and roomier structure was raised in lieu of the old one, and half-a-dozen families were most thankful to have each their healthful apartments to occupy at a moderate rent. Seeing the experiment worked well, Messrs. Combe wished to provide similarly

for some more of their people. Their surveyor reported that next door was a lodging-house if possible in a still more execrable condition. *Nine* wretched women slept in one room, and the rest was all in keeping. He was instructed to offer an equal sum in purchase. It was refused, and £1,200 stated as the lowest price that could be even considered.

Disgusted at the extortionate demand, they hesitated; but, after a little, sent a cheque with authority to close the bargain; whereupon the genteel owner advanced to £1,600, and refused point blank to listen to less. Had the Act of 1868 been passed as the House of Commons voted it, this miserable abuse of the very name of property would not remain without easy and equitable remedy. The vile den would have been indicted upon the requisition of the neighbours as unfit for further habitation. The fair price would have been given under the Lands Clauses Arbitrament as compensation; the site would have been bought by the firm alluded to and rebuilt on; or, if not, the local authority would have received the requisite funds from the Exchequer Loan Commissioners at four per cent., and when the erection was finished, sold it for reimbursal to some private individual, with covenants against its misuse hereafter, under penalty of forfeiting title. Look at this picture and on that—and say which were best for the employers, the workmen, the parish, the town.

(To be continued.)



DIETETICS.

ALCOHOLIC LIQUORS AS FOOD.

THAT alcoholic liquors, by which I mean wine, spirits, and beer, are not necessary, is sufficiently proved by the fact that many persons entirely abstain from them; and I assert, as articles of diet, that they are pernicious.

Whatever is capable of nourishing the body must be capable of being converted into the matter of the body itself.

Now the quantity of solid matter, or food, contained in a glass of wine, spirits, or beer, is so small that, were you to evaporate the liquid (that is to say, the water) the solid remaining part would not more than cover a threepenny-piece, so that if you drink wine or beer for the sake of the nutriment it affords you, then, I say, why not eat a grain of wheat instead, which is not so costly, and which will not inflict any injury on your stomach, like the deleterious spirit?

Wine, beer, and spirits, as articles of nourishment, are wholly unworthy of notice; it is absurd to suppose that they strengthen the body, seeing that the amount of nutriment they contain is so very small.

Professor Buckmaster, in his work on 'Animal Physiology,' says, 'Alcoholic stimulants, beer, wine, and spirits, are neither useful nor economical as food; they depend for their popular use on their stimulating properties, which are due to the alcohol they contain, and vary in degree according to the quantity of it present. Alcohol contains no nitrogen, and, therefore, contains no flesh-forming principle, and can add nothing to the substance of the decaying tissues. It was formerly classed among the heat-forming foods, and supposed to save the tissues by supplying combustion material necessary to the development of the animal heat; but it was classed among these bodies from purely theoretical considerations. Recent experiments tend to show that alcohol undergoes no chemical change in the body, that it does not become oxidized in the system, but passes out unburnt as alcohol, and, therefore, can neither have developed heat nor have saved the tissues. Alcohol is also said by some writers to economise the tissues by arresting waste; but the experiments of Dr. E. Smith show

that certain kinds of spirit actually increase the waste of the system.'

Alcohol, then, is no better or worse than poison. It has the effect of disordering some of the actions which make up the sum of life, and, if it is taken in sufficient quantity, will, like any other poison, destroy life itself.

Oh, but, you may say, it is only poisonous when taken in excess.

Yes, but you may take prussic acid, mercury, or opium moderately, and they will not destroy life; in fact, these are poisons daily given by medical men without destroying life. It would be just as reasonable to swallow any one of these poisons, merely because you liked its flavour, and comforting yourself that it would do you no harm, because you indulged so moderately in it. But you would nevertheless be needlessly taxing your system by giving it unnecessary work, in order to rid itself of the enemy.

Many persons resort to alcoholic liquors, to aid digestion they say; true, it gives them immediate relief and thus deceives them; but it does not remove the evil, but rather aggravates it.

Dr. Richardson says, 'That common idea that alcohol acts as an aid to digestion is without foundation. Experiments on the artificial digestion of food, in which the natural process is very closely imitated, show that the presence of alcohol in the solvents employed interferes with and weakens the efficacy of the solvents. It is one of the most definite of facts that persons who indulge even in what is called the moderate use of alcohol suffer from dyspepsia, from this cause alone.'

Physiologists and physicians tell us that water is the only necessary drink, that it alone dissolves our food, that it assists all the functions of the body, that it forms all the fluid of the blood, that it forms the only real liquid in the body, and that it alone takes up the decomposed particles and conveys them from the body by the system of sewerage through the lungs, skin, and kidneys.

What is a more delicious beverage than water to a thirsty person?

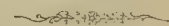
It is absurd to say you cannot drink water because you do not like it; for this only proves that you do not want it, since the relish with which you enjoy drink, as well as food, depends upon the fact of your requiring it.

Alcoholic liquors induce people to drink when they are not thirsty, in the same way that spices, sauces, and gravies induce them to eat when they are not hungry. We stimulate our palates with wine, that we may relish more food; and then swallow more food that we may relish more wine.

What else is this but gluttony?

We forget what we eat and drink for, but we have to pay the penalty sooner or later; and we have disease and a miserable existence instead of health and a happy existence.

R. SHIPMAN.



COOKERY PROVERBS.

Never put a pudding that is to be steamed into anything else than a dry mould.

Never wash raisins that are to be used in sweet dishes. It will make the pudding heavy. To clean them, wipe in a dry towel.

To brown sugar for sauce or for puddings, put the sugar in a perfectly dry saucepan. If the pan is the least bit wet, the sugar will burn and you will spoil your saucepan.

HYGIENE.

IMPURE WATER AND FEVER.

THE Local Government Board has issued the report of Dr. R. T. Thorne's investigation of the circumstances connected with the outbreak of epidemic enteric (typhoid) fever in the district of Caterham and Redhill in January and February of this year. The total number of cases was 352, and the report traces the epidemic to the accidental fouling of the water of the Caterham Water Company by one man suffering from the disease who was in the employment of the company. The report is one of great interest, as giving still further proof that enteric fever can be communicated by drinking water. Dr. Thorne mentions that Dr. H. C. Hilliard, of Caterham, first drew the attention of the Board to the fact of the outbreak, and expressed 'his belief that the disease had been conveyed by the water supplied by the Caterham Waterworks Company;' he expresses his thanks to Mr. E. L. Jacob, medical officer of health for the combined districts of Surrey, and says that the company, when informed of the intended inquiry, gave every possible facility and help, and 'acted with considerable energy and promptitude in adopting all measures which were found possible to do away with the results of the accidental contamination to which their water had been subjected.' The steps that were taken are given in the report. Briefly stated, the more important facts of the case are these:—The first attack was on January 19, the last on February 28. The greatest number of attacks on any one day was on February 1, when there were 33. The total numbers were—at Caterham 81, at Redhill 224, at Earlswood Asylum 36, at Bletchingly two, at Nutfield eight, and at Warlingham one, making together 352, while special attention is drawn to the fact that no known case occurred at Godstone, an explanation for which is given. Dr. Thorne's inquiry was commenced on February 5th, and was continued on into March. He found that the houses attacked

belonged to no special class, both rich and poor having suffered.' He also found it apparent that the disease could not have been conveyed to the affected houses by means of any general system of sewers common to the district, for by far the majority of the houses were found to drain into separate cess-pools excavated in the chalk. The milk supply was next inquired into, but this gave no explanation of the epidemic, while it was also evident that personal infection could not have led to it. Further, there was no history of any recent prevalence of enteric fever in Caterham. With regard to the water supply, it was ascertained that out of a total of 558 houses at Caterham 419 were provided with water from the mains of the Caterham Waterworks Company, and of the 47 people attacked in the first fortnight, 45 resided in houses where this water was in use, while the remaining two had during the daytime been in the houses where it was used, and had drunk it. Of the 1700 houses at Redhill 924 had the same company's water laid on, and of the 96 houses affected 91 were using this water, while the histories of the attacks in the five other houses confirmed the impression that the Caterham Company's water had been the immediate cause of the epidemic. In one house the water was obtained surreptitiously. There is a group of 30 houses at Redhill supplied from another source, and here not one case

occurred. Reigate, which forms the western ward of the borough, has a different water supply, and here, with a population of 8500, only two cases, imported from Redhill, were known. In Warlingham there are 156 houses supplied with the water, but here only one case occurred, and this was supposed to have originated through the use of water at school. The immunity of Warlingham, using the same water, was, Dr. Thorne says, at first sight difficult of explanation. The investigation was, however, persistently worked out. The epidemic occurred at a time when an additional well was being made in the chalk by the side of the two from which the supply is drawn. The supply was so far interfered with that the Kenley water was used to supplement it. The Kenley water was, however, not mixed equally with the Caterham water. It was pumped into the mains at one particular point, and that point was at the extreme further end of the Warlingham branch of the system; so that it appears that, though the Caterham Company's pipes lead to Warlingham, the district was just at this time really supplied by Kenley water. Dr. Thorne finds that the known periods of infection and appearance of the disease correspond with what actually passed from the time when the accidental contamination of the water is believed to have occurred. As regards the character of the epidemic, it was mild. Out of the 352 cases, 21 only proved fatal. Children suffered more numerously than adults, and women more than men, which is explained by the fact that children drink more water than adults, and women more than men.

HINTS ABOUT HOUSE CLEANING.

III. FLOORS V. CARPETS.

THERE is a strong protest offered, in different ways and from various sources, against our long established practice of making poor floors, with the design of keeping them covered with carpets stretched and fitted to every part, and carefully tacked down. Carpets in daily use cannot be kept clean except by very frequent shaking and beating, and they do much toward corrupting the air by retaining impure gases, hiding the finest, most penetrating dust in their meshes and underneath them, and by giving off particles of fine wool into the atmosphere, with other dust, as they are swept or walked upon. There is a demand for better floors, not necessarily inlaid or mosaics, of different kinds of precious wood, but made double, of strong seasoned wood that will not warp (spruce, however well seasoned, is almost sure to warp), and then carefully finished if it is to be durable and easily cleaned. Carpeted floors seem a relief to the housekeeper when once the carpets are procured and fitted to the rooms and tacked down, because they do not show the dirt as the bare floors do. But oh! when they get full of dust! And when house-cleaning time comes, and they must be taken up and shaken and whipped as they well deserve! With warmly-made floors and large warm rugs, couldn't we do without these abominations even in winter? Certainly our rooms would be cooler and sweeter without them in summer. But in that case we must take more pains with our floors, and we must have something better than the common unpainted ones. Oiled floors are better liked than those painted, even

for kitchens. Women find that they can oil their floors themselves, and many a kitchen floor has, within a few years, been made comfortable and decent in that way. Boiled linseed oil is used, and two or three coats are put on, one after another, as fast as they are dry. Floors of alternate boards of different kinds of wood are pretty for some rooms, and sometimes a border made in this way, with diagonal stripes, bordered by a straight board on each side, or wood of two kinds laid in checks or diamonds, is very satisfactory. These bordered rooms are especially useful for parlours, or rooms where a heavy bordered carpet or large rich rug is intended to merely cover most of the floor, leaving a margin of about two feet around the edges—a carpet which can often be carried out and shaken free from dust.

Oiled floors do not need hard scrubbing, like unpainted floors, but simply a good washing with warm (not hot) water, often changed as you go over it. Strong suds of course will gradually remove the oil with which you have carefully filled the pores. Grease spots do not have the same effect as upon an unpainted or unoled floor, which must be kept free from grease in order to look well, for now you have it greased all over; whatever grease gets on it now, that cannot be scraped or wiped up, may be thoroughly rubbed in.—*American Agriculturist*.



CURRENT OPINIONS AND EVENTS.

In speaking at the annual meeting of the Sunday Society, on Saturday last, Lord Dunraven said:

‘Unquestionably intemperance was a great evil in this country; and when they considered that in the last seven years something like £980,000,000 had been spent in intoxicating drinks, the question was an appalling one; and he was afraid if some measures were not taken to check the evil, the vice of intemperance would have some effect on the national character.’

Dean Stanley was present at the ninth annual meeting and distribution of prizes at the Workmen’s Library, in connection with Messrs. F. Braby and Co.’s Ironworks, Deptford, on Saturday last. In the course of his speech the dean said:

‘It was impossible to imagine any institution which did so much good with the chance of doing so little harm as a good library.’

The example set by Messrs. Braby and Co. might be followed by other firms with advantage both to the employers and the employed.

There may be times in which working men can strike to their own advantage. But many of their best friends question their wisdom in striking during such commercial depression as but too generally exists. In a letter addressed to the London papers, on Monday last, Dr. George Macdonald says:

‘There is something surprising in the perversity of men deliberately abandoning work at a time of great national distress. It looks as if a kind of madness had seized upon them. For some time past there have been strikes of unusual number and magnitude, notwithstanding that, as a rule, they do not succeed. The contest, with its vast waste of money, with all

its sad tales of sore privation, is almost invariably found to have been waged in vain.’

Dr. Macdonald claims to have taken a warm interest in the working classes all his life; and he is of opinion that their condition just now is not relatively bad. He quotes the low price of wheat in support of his position; and while he grants the right of a man to strike work, he denies his right to compel his fellow-workman to do likewise. The doctor is ‘down’ on trade-unions when their primary object is to encourage strikes, and he maintains that the result is to drive our trade to other countries.

Mr. A. M. Sullivan, M.P., has invented a railway-brake for goods’ trains, which was tried at Ipswich last week, and pronounced a success. Mr. Sullivan must be regarded as a versatile and successful man. As a journalist he made his mark years ago. His career at the bar is likely to be a brilliant one; and the Premier once stated to a deputation introduced to him by Mr. Sullivan, that within his recollection no other Member of Parliament had achieved a position in the House of Commons in so short a time as Mr. A. M. Sullivan had done. And yet there were quakers who prophesied that Mr. Sullivan’s extreme views unfitted him for the House of Commons!

POULTRY KEEPING.

By ‘HOUDAN,’ WOKING.

I HAVE for years kept a large number of fowls, and made the management of poultry, with a view to profit, my special study. Though I have read many books on the subject, I cannot say that I have derived much information from them. My knowledge of hens and hen-farming is derived from the experience I have had in keeping and rearing them. Mr. Cole makes out that 2,000 hens will produce in a year 400,000 eggs; that is to say, each hen will lay 200 eggs in the course of twelve months.* Now, I distinctly say that neither Mr. Cole nor any other man can by any process get hens to produce much more than half this number. I can easily understand how a non-practical man, who gets all his information from books, should fall into this error. Even so accurate and thoroughly reliable a work as Chambers’s ‘Information for the People,’ in the edition of 1874, falls into the same mistake. The writer in the work referred to says: ‘The ordinary productiveness of the hen is truly astonishing, as it usually lays in the course of a year 200 eggs, provided it has not unnatural confinement, is well fed, and has a plentiful supply of water. Instances have been known of hens laying 300 in a year.’ Now, let your readers just consider for a moment, and they will see the absurdity of such a statement. So long as hens lay but once a day, and the year is of its present duration, the thing is impossible, as I will prove. There are 365 days in the year. An ordinary hen will become ‘broody,’ and evince a desire to sit, twice in each year—in the spring, and late in the summer. Now when a hen begins to ‘clock’—i.e., becomes ‘broody’—she will generally leave off laying for three days at least, but generally for six. She sits on the eggs for 21 days, and she goes with her brood after they are hatched for about 8 weeks or 56 days—generally less in the spring, but 10 weeks or 70 days in the autumn. Then comes

* *House and Home*, p. 194.

the moulting season, which lays them off laying for a month at least. Thus, to bring out a brood of chicks from the time the hen leaves off laying till the brood can shift for themselves, and the hen recommences to lay, occupies 80 days at least. This, happening twice a year, takes up 160 days, and by adding to this 30 days for moulting, you have 190 days in each year occupied otherwise than in laying eggs—190 from 365 days leaves 175 days available for the production of eggs. How, therefore, is it possible for a hen to lay 200 eggs in 175 days, even if she laid every day? And where is the hen that does so? It is a good hen that lays five times a week in the summer. The 175 days available for laying include the months of November, December, and January, and where is the man who has a hen—not a spring pullet, but a hen—that will lay at all in these months? I don't care what process is adopted; one may warm the roosting-place and give the most stimulating food, still the supply of eggs will be very scarce in cold weather. I think I have said enough to prove that the usual productiveness of a hen is very far short of 200 eggs per annum. True, there is one species—the Hamburg—which will lay an enormous number of eggs—not far short of 200, I dare say—but this description is certainly one of the least desirable, as the eggs are small, seldom weighing more than $1\frac{1}{2}$ ounces. As a table bird, though very good in quality, they are deficient in quantity; their disposition is wild, and they fret if confined to a small space. They will never lay at home if they can possibly make their escape so as to lay in some secret place, whereby the owner loses the eggs, and as they never sit, that source of profit is cut off, and for these reasons they are seldom kept, excepting as a fancy breed. But if hens do not usually produce 200 eggs per annum, what is a fair average? For years I have made it a practice to keep an exact account of the numbers laid by the best specimens of the various breeds which I have kept, and the result is this, that white-faced black Spanish lay 96 eggs annually, Brahmas 110, Dorkings about 80, and Houdans about 130. I seldom keep other kinds, for various reasons. Game are quarrelsome, Polands are delicate, though good in other respects, and Cochins eat twice as much as they are worth. Take it all round, I think 115 is a fair average, if good sorts be kept, and they are well fed and comfortably housed. The price obtained for eggs must necessarily depend upon locality. A good egg (not less than $2\frac{1}{2}$ ounces) is cheap at 1d., and I think this may be taken as a fair average price, though I have never sold them for less than 10 for a shilling, and all last winter I got 3d. each for them. As to cost for keep, this varies a great deal, as the price of corn rises and falls; and the sort of birds kept has much to do with it, for a Cochin will eat twice as much as any other variety. A bushel of wheat, however, will fully keep a hen for a year, and this need not be of the best description, but must be sound and not weigh less than 61 lb. This applies to a case in which everything in the shape of food is to be bought, but in a farmyard the cost is nothing like half this, for there the tail corn, which is valueless in the market, becomes good for the hens. I should therefore say that on the average, $1\frac{1}{4}$ d. for each hen, where the food is bought, and $\frac{1}{2}$ d. for each hen in the farmyard, per week, is the cost of keep. I put these facts and figures before your readers, and can assure them they are the result of experience.

(To be continued.)

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

SANITARY HOUSE CONSTRUCTION.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

From the first issue of your excellent paper, as a subscriber for several copies weekly (from your agent, Mr. Mottlee, Church Street, Islington), I have taken a deep interest in all your articles upon sanitary dwellings for the people, and it has occurred to me that the very place inhabited by your agent referred to is most emphatically the best system of hygiene construction to be found in the kingdom.

From personal survey I find that these buildings absolutely combine all the requirements so much recommended by the leading scientists of the day.

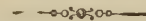
They are absolutely fire-proof, damp-proof, draught-proof, and vermin-proof; and the advantage of this class of building is that they are so substantially constructed of concrete materials—walls, floors, ceilings, roof, staircases, and doors—that they will stand, without requiring any repair, for ten times longer than the ordinary brick buildings.

I recommend strongly that you should make an early inspection of these buildings, as I am sure you will be thoroughly convinced of the immense superiority of their construction, and through the columns of your most practical and important journal advocate the system for model and sanitary dwellings.

I am, sir, yours truly,

PRACTICAL SURVEYOR.

24, Albion Road, N., May 17th, 1879.



HOLLOWAY STORM FLOODS.

SIR,—

I am very glad to see the correspondence on the above subject in your valuable journal of last week. It is now nearly a year ago that this neighbourhood was deluged by a severe storm, which was followed at intervals during the next few weeks by other deluge-producing storms, which effected serious loss to many of the inhabitants.

Four public meetings were held in different parts of the neighbourhood, showing the intensity of the public feeling; the Board was memorialised from the meetings, also from the Vestry, and the answer elicited last week from the Board by Mr. J. R. Taylor was, as your readers are aware, that the matter was still under consideration: and so I suppose it will be, as the Board seems to have such an immensity of work always on hand. And yet one would think that matter of a less pressing nature might stand to one side till an emergency like this one was met. The Metropolis is getting so unwieldy in its size that it is out-growing all its old-established institutions, and I have frequently thought lately that the Metropolitan Board of Works ought to be doubled in its numbers, so that committees might be formed in it to attend to a few social matters which want to be taken in hand by some public body, and it does not seem desirable to multiply the number of boards by creating new ones. For instance, there is the gas question, which is again cropping up, and the water question, which is always now on the tapis. Both these have been touched by the Board, but it has been compelled to withdraw from carrying its proceeding to any final issue; but if it were more powerful in point of numbers, perhaps both these important matters might be grappled with by it; besides, it would be enabled to attend to such subjects as increased drainage, or any other unexpected requirement, whenever the emergency arises, without so great a loss of time.

I do hope that, now this matter is made public by the Press, no rest will be given to the Board till something is done to relieve this neighbourhood from the possibility of the recurrence of calamities similar to those with which we were visited last year.

I am, etc.,

BONNER EDMAN,

One of the Hon. Secs. to the Holloway Storm Floods Committee.

120, Seven Sisters' Road, May 12th, 1879.

GEMS OF THOUGHT.

'I gather up the goodly some herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.'—*Queen Elizabeth.*

'Love your enemies' means, among some women, visit your feminine foes and drink tea.—*Richter.*

Were there a common bank made of all men's troubles, most men would rather choose to take those they brought than venture on a new dividend, and think it best to sit down with their own.—*Socrates.*

There are dreadful punishments enacted against thieves: but it were much better to make such good provisions, by which every man might be put on a method how to live, and so to be preserved from the fatal necessity of stealing and dying for it.—*Sir T. More.*

Self-love but serves the virtuous mind to wake,
As the small pebble stirs the peaceful lake;
The centre mov'd, a circle straight succeeds,
Another still, and still another spreads,
Friends, parent, neighbour, first it will embrace,
His country next, the next all human race.
Wide and more wide, the o'erflowings of the mind
Take every creature in of every kind.

Pope.

The thicker the fog around us, the less is it above us, and the sooner it sinks down.—*Richter.*

Contempt is egotism in ill-humour. Appetite without moral affection, social sympathy, and even without passion and imagination—in plain English, mere lust—is the basest form of egotism, and being *infra* human, or below humanity, should be pronounced with the harsh breathing as *he-goat-ism*.—*Coleridge.*

Unmarried men are best friends, best masters, and best servants, but not always best subjects; for having no restraint, they are often light to run away.—*Lord Bacon.*

Alas!

Our glories float between the earth and heaven
Like clouds which seem pavilions of the sun,
And are the playthings of the casual wind;
Still, like the cloud which drops on unseen crags
The dews the wild flower feeds on, our ambition
May from its airy height drop gladness down
On unsuspected virtue; and the flower
May bless the cloud *when it hath passed away.*

Bulwer's Richelieu.

Humanity is never so beautiful as when praying for forgiveness, or else orgiving another.—*Richter.*

A secret is like silence—you cannot talk about it and keep it; it is like money—when once you know there is any concealed, it is half discovered. 'My dear Murphy,' said an Irishman to his friend, 'why did you betray the secret I told you?'—'Is it betraying you call it? Sure, when I found I wasn't able to keep it myself, didn't I do well to tell it to somebody that could?'—*Tin Trumpet.*

A man should inure himself to voluntary labour, and not give up to indulgence and pleasure; as they beget no good constitution of body, nor knowledge of the mind.—*Socrates.*

Endeavour to have no need of any one, place all your hopes on yourself; for it is a wretched and dangerous thing to depend upon others.—*Montaigne.*

Though it may be both pleasing and painful to live in this world, yet there is no permanent rest, happiness, or content in anything, without a divine ray from the Omnipotent illumines and possesses our hearts.—*Turkish Spy.*

Many delight more in giving presents than in paying debts.—*Sir Philip Sidney.*

Men in high situations are not all great men; by courtesy it is supposed they are.—*Zimmerman.*

The more honesty a man has, the less he affects the air of a saint; the affectation of sanctity is a blotch on the face of piety.—*Lavater.*

THE HOUSEWIFE'S CORNER.

TO CLEAN MUSLIN DRESSES.

Any kind of muslin dress, even of the most delicate colours, can be cleaned in ten minutes, or a quarter of an hour, without detriment to their colour. Melt half a pound of soap in a gallon of water, and empty it in a washing-tub. Place near two other large tubs of clean water, and stir a quart of bran into one of them. Put the muslin in the soap, turn it over, and knead it for a few minutes; squeeze it out well, but without wringing; rinse it about quickly in the bran for a couple of minutes. Rinse again well for a couple of minutes in clean water. Squeeze out dry, and hang it between two lines. A clear, dry day should be chosen to wash muslin dresses. A coloured pattern on a white ground must not be blued. The bran may here be dispensed with. When the dress is dry, make the starch. For a coloured muslin white starch, unboiled, but made with boiling water, is best. Stir the starch with the end of a wax candle. Dip the dress, and hang it again to dry. When dry, rinse it quickly and thoroughly in clear water. Hang it to dry again. Sprinkle and roll it up; afterwards iron it with very hot irons.

SUET PUDDING.

One half-cup of sweet milk, one half-cup of molasses, one half-cup of raisins, one half-cup of suet, one and three quarter-cups of soda. This makes a pudding large enough for eight persons. Steam three hours. It may be steamed on Saturday, and warmed over hot water for dinner on Sunday.

BOILED COCKLES.

Wash the cockles in two or three waters, and after scrubbing the shells with a hard brush, put them into salt and water, not too strong, wherein the fish may cleanse themselves. Put next in a clean saucepan, with a tablespoonful of water at the bottom, and a clean towel laid over them. The pan should be constantly shaken, to prevent the cockles burning. When cooked enough the shells open, and they may be dressed somewhat similar to oysters.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 325, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 19, Vol. I.]

SATURDAY, MAY 31ST, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE MARQUIS TOWNSHEND.

Edited by JOHN FRANK
THE ASSOCIATION FOR THE STUDY OF
BUILDING SOCIETIES; DIETETICS; DOMESTIC ECONOMICS.
HYGIENE; IMPROVED OVERCROWDING; HYGIENE;
PRICE FIFTY CENTS
PUBLISHED BY THE ASSOCIATION FOR THE STUDY OF
BUILDING SOCIETIES; DIETETICS; DOMESTIC ECONOMICS.
PUBLISHED BY THE ASSOCIATION FOR THE STUDY OF
BUILDING SOCIETIES; DIETETICS; DOMESTIC ECONOMICS.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: MAY 31st, 1879.

CONTENTS.

	PAGE
THE MOST NOBLE THE MARQUIS OF TOWNSHEND -	223
PHRENOLOGICAL SKETCH OF THE MOST NOBLE THE MARQUIS OF TOWNSHEND -	223
THE HOME SECRETARY ON ARTIZANS' DWELLINGS -	224
WHAT IS TO BE DONE WITH THE SLUMS? BY T. W. McCULLAGH TORRENS, M.P. -	225
THE ARTIZANS' DWELLINGS ACT -	227
DIETETICS, BY VIATOR -	227
A MANLY HABIT, BY PROFESSOR KIRK -	228
THE OFFICE OF THE LUNGS, BY R. SHIPMAN -	230
CURRENT OPINIONS AND EVENTS -	230
POULTRY KEEPING, BY 'HOUDAN,' WOKING -	231
GEMS OF THOUGHT -	232
THE HOUSEWIFE'S CORNER -	232

THE MOST NOBLE THE MARQUIS OF TOWNSHEND.

JOHN VILLIERS STUART TOWNSHEND, the fifth Marquis of Townshend, whose portrait, engraved from a photograph by Messrs. Kefford and Pearson, we are enabled to give this week, was born in 1831. He succeeded his father as a peer in 1863, having previously represented the borough of Tamworth in Parliament for several years. In 1865 his lordship married Anne Elizabeth Clementina, daughter of the Earl of Fife, and his heir, the present Viscount Raynham, was born in 1866.

Lord Townshend is one of the few noblemen who have taken the trouble to make themselves practically acquainted with the condition of the people. He has not taken evidence respecting their weaknesses, vices, or needs at second-hand, but by years of the most painstaking research he has become familiar with their social state, until he has come to be regarded as an authority upon whatever concerns it.

A dozen years or so ago the marquis commenced a crusade single-handed against professional vagrancy. His appearances in the London police courts as the prosecutor of professional beggars were of very frequent occurrence, and by his persistent efforts in this direction, public attention was directed to the evil and its cure, resulting in the establishment of several societies and organisations for the suppression of mendicity.

There were people who thought Lord Townshend was unjustifiably waging a war upon a weak and unfortunate class. They saw it reported that a poor woman with children was charged with begging, and perhaps punished for it; but they did not see the judicious aid and assistance extended to these poor people, who, in many instances, were enabled by the munificence of the marquis to start the battle of life afresh. He was most assiduous in rescuing the youth of both sexes

from lives of vice and crime, and in placing within reach of adults willing to work the means of gaining a livelihood. Hence there are many families in London comfortably situated to-day, who have every reason for blessing the Marquis of Townshend.

In his investigations into the condition of the masses, Lord Townshend could not fail to see the pernicious and baleful influence of corrupt and corrupting literature upon the people. These pestiferous publications, circulated as they are broadcast throughout the land, and bringing fortunes to their shameless proprietors, are all the more potent for evil now that the School Board teaches every boy and girl to read. In cases of juvenile theft and crime, how often is the *Boy's Dreadful* found upon the offender! This class of literature, the existence of which is lamented on every hand, can only be counteracted by the circulation of publications pure and elevating in their character.

And the Marquis of Townshend not only saw this, but, practical as ever, he undertook the cost and responsibility of establishing a popular high-class penny journal—*Social Notes concerning Social Reform, Social Requirements, Social Progress*. None but those having had experience in such an effort can form an idea of the cost and labour involved in such an undertaking. We have previously called attention to our valuable contemporary. It has only to be known and read by the people to find a welcome in tens of thousands of homes, and its circulation must have a beneficent influence in reforming the ideas and habits of the people.

Of all Lord Townshend's important labours in the field of social progress, the establishment of *Social Notes* promises to be the most valuable. We heartily wish the paper increasing and continued popularity.

PHRENOLOGICAL SKETCH OF THE MOST NOBLE THE MARQUIS OF TOWNSHEND.

BY STACKPOOL E. O'DELL.*

EVERY man has an organisation that suits him for, and predisposes him in favour of, some particular pursuit.

This pursuit is followed from some motive or combination of motives; though now and again the pursuit is followed for its own sake.

Whichever portion of the mind is strongest will lead the others—will, as a master, make the other portions, as servants, obey. The key-stone to character is to find out the leading characteristic.

There is here denoted natural power and ability to study mankind in its various phases and relationships.

There is here a settled conviction that every class should progress—should improve; that mind should ascend in the social scale. If he could, he would pull you up to his standard, but he will not let you draw him down to yours, if yours is in the descending scale.

But he would be willing to take your hand, if he can see

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, E.C.

that yours is an upward course, and lead you even as a child. It is not alone that he would like men to improve, but he would help them to do so.

He has a great respect for the man that helps himself.

He will believe in effort, in the man that does his best ; such a one, if he fails, he can excuse and pity and help.

The servant in his household that does this, will recognise him as a good, thoughtful, and indulgent master ; but the one that shirks his duty, glosses over work, will not stop long in his employment, and such a one is mistaken if he thinks that he passes muster.

He will like candour and sincerity, but cannot bear cringing or deception.

His knowledge of character is immense, and it is not alone of the class he belongs to, but all classes.

He will, owing to this natural intuition of the minds of people, be rather suspicious and doubtful of both actions and motives. He will see beneath varnish and polish, faults, failings, and flaws.

He will be able to find out the weak link in the longest chain.

He may be a little fault-finding. If he points out a weakness, it will be with a receipt how to make it strong.

Here is strength of mind. Were he shipwrecked he could show as much endurance as the hardiest sailor. Were he a soldier in battle, he would be the first volunteer to man the breach. If his house were on fire he would display presence of mind, courage and even daring, that would surprise his nearest friends, for he will not be boastful, but suit his action to the circumstance.

From the formation of this head I perceive a mind which may show many noble, kind, and humanising characteristics, but, except to the phrenologist, 'There is that within which passeth show.'



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling ; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

'Dearer matters,
Dear to the man that is dear to God ;
How best to help the slender store,
How mend the dwellings of the poor.'
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.



THE HOME SECRETARY ON ARTIZANS' DWELLINGS.

ON Saturday last, the Home Secretary visited Stroud Vale, King's Cross, to formally open a block of buildings erected by the Victoria Dwellings Association, with the view of carrying out the provisions of the Artizans' Dwellings Act. In addition to Mr. Cross, who arrived shortly after three o'clock, there were present, amongst others, the Earl and Countess of Stradbroke, Earl Stanhope, the Earl of Belmore, Lord and Lady Brabazon, Lady Stella Rous, Mr.

Walter, M.P., Sir George Elliot, Bart., Mr. Herbert Praed, M.P., Sir Henry Hunt, C.B., Canon Barry, General Scott, etc.

The proceedings were opened by Mr. WALTER, M.P., who, in introducing Mr. Cross, drew an historical comparison between modern London and the capital of England in the time of Queen Elizabeth.

Mr. CROSS, who was received with loud cheers, said : My lords, ladies, and gentlemen,—I want to say upon this occasion a very few words to three different classes of people. First, I shall address myself to those who are most interested in the business which brings us here to-day, and on which we are now engaged ; next, I shall say a word or two to those who are interested in this undertaking, not for their own benefit so much as for the good of their fellow-creatures ; and, in the last place, I will make a few remarks which will be addressed to the general public at large, who have not hitherto, perhaps, shown as much interest in this matter as I think they ought to do. Now, first of all, if there is one thing upon which the happiness of the working classes depends more than another, it is that of having happy homes, and be sure of this, that that happiness does not consist simply in your own actions, or in following your own wishes ; but when you marry you are bound to consider the happiness of your wife as well as your own. (Cheers). Your first duty is to consider her happiness, and to provide her with a good home, and if you do so you will tenfold reap the benefit yourself. I am certain that the more a man spends on the comfort of the home in which he lives, and to secure the happiness of his wife, he will be a rich and happy man, and his home will be dearer to him for the whole of his life. Turning to you who have undertaken to build these houses, I will say this—It is very easy, under the Act of Parliament which we passed, to clear the ground of all the dens in which, unfortunately, so many people have been condemned to live, but you cannot build without money, and I do not want people to come forward and do this work as an act of charity. But if you are disposed to put your money into a concern like this, you will get a reasonable interest for it, and confer a vast benefit upon your fellow-creatures, and eventually upon yourselves. Thirdly, I want to say to the public generally, and to remind you, that the great misery and the immense number of houses in this metropolis have been the growth of centuries, and that it is a state of things that cannot be undone in one day, or in one year, or even in many years. I have been told that the Act which we passed in 1875 has not borne the fruit it was expected to bear. I entirely deny that statement. A vast amount of money has been spent by the Metropolitan Board of Works in the City of London clearing the ground, and now people are taking the rest of the work up, and I sincerely hope that within the next two or three years you will find every one of those plots of ground covered with houses like these. I believe this association has spent about £90,000 already, and a great number of other associations have also done much in the same direction. The principle adopted in these buildings ought to be not to underlet, that is to say, not to let the premises at so low a rent as to make it an act of charity. In so doing you would wrong the working classes ; but let the apartments at a reasonable rent, which will secure a moderate return for the money invested in the buildings. I only hope that the result of this meeting will be greatly to interest those who have the power and opportunity to help this association, and I trust that none of my friends here will go away without, at all events, making a firm and fixed resolution that they will do all in their power to induce those whom they know to come forward with themselves to assist in this work. People talk of drunkenness, idleness, dissipation, and vice, but I do not believe there is anything that has the hundredth part of the effect to cure these evils so much as that of putting it within the power of the working men to help themselves, and to provide cheerful homes for those in whose interest they are most concerned. It is for that reason that I wish this and every undertaking of the same nature 'God speed,' and I hope before I die we shall see a great change in the condition of the metropolis. (Loud cheers.)

The right hon. gentleman then formally declared the buildings recently completed to be duly opened.

The band of the Royal Caledonian Asylum played, 'Home, sweet home.'

Mr. Cross next laid the foundation-stone of the new block, and named the whole group of dwellings 'The Beaconsfield Buildings,' amidst loud cheers.

The ceremony was completed by a short prayer, offered by the Rev. D. Wilson, vicar of St. Mary's, Islington.

The inscription upon the stone was as follows: 'Victoria Dwellings Association. Beaconsfield Buildings. This stone was laid on the 24th day of May, 1879, by the Right Hon. Richard Assheton Cross, M.P., her Majesty's Principal Secretary of State for the Home Department, who then named the whole group of buildings erected by the association after her Majesty's Prime Minister, Right Hon. the Earl of Beaconsfield. John Walter, Esq., M.P., Chairman; Charles Barry, Esq., President R.I.B.A., Architect.'

Lord STRADBROKE moved a vote of thanks to Mr. Cross for his kind attendance, and alluded, in terms of eulogium, to the great interest taken in the work by the directors of the association.

Earl STANHOPE seconded the vote of thanks, and, after alluding to the buildings already erected at Battersea, his lordship observed that the great want in many parts of London was dwellings for the artizan classes which would give them more light, more air, and pure water, and those desirable necessities to health and comfort were, he believed, secured by buildings such as those which Mr. Cross had just declared open. The part which the Home Secretary had taken in these proceedings, and the readiness the right hon. gentleman had displayed in attending that day, added another proof—if proof were needed—that he was the poor man's friend.

Mr. CROSS: Thanks are not due to me, but rather to those around me, first for all the interest they have taken in these dwellings, and next for inviting me to come here on this occasion. My noble friend who last spoke has alluded to the other buildings at Battersea, and I believe the only reason why they have not been so successful as they might be is the toll on the bridge. That toll has to-day gone, and the artizan classes will now have full and free access to those buildings. Heartily wishing you good-bye, I must say I am very glad to have been present here. (Cheers.)



WHAT IS TO BE DONE WITH THE SLUMS?*

By W. T. McCULLAGH TORRENS, M.P.

(Continued from page 216.)

PARLIAMENT has twice within the last few years essayed to deal by statute with the growing evil—for growing with the growth and deepening with the intensity of aggregation it is undoubtedly. In 1868 the House of Commons, after repeated discussions, passed without a division a Bill giving the municipal authority (whether corporation, vestry, or local board) four distinct powers, viz.: 1. To compel repair of unwholesome dwellings, under penalty of demolition; 2. To pull down, and sell the freehold of the site; 3. To compensate the owner for the fair value under the Lands Clauses Act; and 4. To build workmen's dwellings with money borrowed at four per cent., charging the payment for thirty years upon the rates. The authors and advocates of the measure convinced the elective branch of the legislature that these provisions were necessary for the reform of the slums, and that, if granted, they would be efficacious, not suddenly or magically—nobody said that—but steadily and safely, because gradually, as all great changes ought to be made. If selfish house-owners would not purify and repair over-used habitations, they ought to be removed; but if removed, they ought, as fast as possible, to be re-built, in order that the adjacent district might not be made just so much the worse for the change. No local authority can be found, however, willing to take away their neighbours' property without paying a reasonable price for it; and therefore the House of Commons agreed upon the application to cases of this kind of the same righteous and reasonable rule of equitable compensation which is adopted where pro-

perty is taken for railways, canals, or street widenings. And had the Bill become law as thus framed and approved, we should have far less misery and degradation caused by over-crowding in decayed dwellings at the present hour. Unhappily, a small knot of obstructionists in the House of Lords took advantage of the lateness of the session to strike out the compensation and re-building clauses. They well knew that without these the elective and responsible local authorities would shrink from enforcing demolition, and that consequently old and pestilential, but withal lettable and lucrative rookeries, would continue to be crowded by hard-driven toilers for weekly wages. The transparent pretext for thus mutilating the measure was that if the power to pull down was given it would be exercised regardless of consequences; and that if, exercised, the rule of supply and demand would do the rest. In vain the hollow-ness of all this was pointed out at the time. Profitable slum was to be resiped for another decade, and resiped it has been. Ten years' experience has shown that without compensatory and reconstructive enactments the work cannot be adequately done; and it is therefore natural and fitting that once more Parliament should be asked to consider the subject, and to recur to its own good intentions of ten years ago. The Bill of 1868, in the very words in which it then passed the Commons, was re-introduced before Christmas. Full opportunity has been afforded for its re-examination ere it comes up for second reading at Easter. Throughout the Metropolis, there has hardly been a dissentient voice heard. Vestries, district boards, clergy, magistrates, and physicians all desire some such enactment whereby, in all parts of the town simultaneously, the worst instances of insalubrity may be dealt with—bit by bit, half a dozen houses at a time, here a little and there a little more, without any sweeping displacement in any one spot of a helpless population who, badly lodged as they are now, can only be rendered more miserable and make others equally so when unearthed by wholesale.

In London the Vestries and District Boards of Works have been blamed for not doing more to reform the degenerate and overcrowded parts of the town. Nothing can be more unjust. They were ready enough to undertake the task. They petitioned to be allowed to perform it. They stretched out their municipal hands for the implements of good. The House of Commons said they should have them; but the House of Lords broke the promise thus held out, of the pick-axe for one hand and the trowel for the other, and left them to deal with the misery of insufficient roofage, offering them instead the alternatives of doing nothing or pulling down without the power to rebuild. Legislative mockery! The people groan for the fawness and closeness and rottenness of their dwellings, and the Vestries were told by the Lords of Parliament to lessen the number by demolition, and thereby to render the rest more productive of rent, filth, and degradation.

All corporate bodies have their faults. It has ever been and will ever be so while society is made up of fallible men. The Metropolitan Vestries have sometimes fallen into mistakes for which they have had to bear no stinted measure of reproach. But in not ruthlessly putting in force the uncompensatory and uncreative provisions insidiously suggested by the Lords in the Bill of 1868 they are deserving of thanks, not taunts; for the effect of their doing so would only have been a sore aggravation of the evil. With great discrimination and humane skill they did in many instances all that the mutilated law enabled them safely to do. They served notice on the rent-usurer to put his houses into habitable condition under penalty of having them shut up or pulled down. In hundreds of cases, after parley and altercation, the premises have been put into tenable order sooner than have them closed. The best thing could not be done with them, but the next best thing was, and in the present state of affairs that is something. Thousands of women and children have thereby been left their old shelter until better times come—if they shall ever come. They will come whenever the legislature has the Christian wisdom to permit local authorities to replace tumble-down dwellings grown unhealthy by long over-use, with wholesome habitations, roomier and loftier, and guaranteed against being too much sub-let, and thereby being too highly rack-rented. Of course, what has been done during the last few years in this matter of compulsory repair has not made the superficial stare, and has not figured in statistical returns—those patent sieves of vulgar life slip through. No pharisaic folio, hot-pressed by Hansard and sent free by post, tells what dens have been cleared out, what barracoons have had some of God's fresh air let to sigh through them, under and by virtue of the provisions left in the Bill of 1868, and quietly, thoughtfully, and wisely put in force by the local authorities of Islington, Clerkenwell, Holborn, Bloomsbury. Take, for example, five years' work under the unfairly fettered Act of 1868,

* From a paper in *Macmillan's Magazine*, April, 1879.

and we shall see how it would have worked had it not been bound by Westbury's green withes. A return for that period furnished to the District Board of Works for Bloomsbury shows the following results:—Thirty groups, containing in all a hundred-and-sixty houses, situated in various portions of the parish of St. Giles's, were condemned as unfit for human habitation, and notices served upon their respective owners that if not put into tenable order, that is to say, freed from defects tending to shorten life by the generation of disease, they would be pulled down. A single house was the subject in two or three instances of denunciation; the remainder were clusters varying from two to fifteen. Under the threat of demolition fifty-three dwellings were cleansed, drained, made watertight at the roof, and, in short, rendered habitable. And of these some eight or nine were eventually rebuilt, probably because it was found as hard now as of old to put new wine into old bottles. Some eight or nine having been left unrepaired by their owners or leaseholders were shut up till further notice, that further time might be given for purchasers. The remaining ninety-nine were actually pulled down, and the local authority having no power to rebuild themselves (in consequence of the anti-amendments of the House of Lords), had no choice but to offer the sites to whoever would take them, in order that they should not lie waste and the parish be the poorer by loss of rates. To blame the local municipality for not pulling down where they could enforce repair, or for pulling down without being able to rebuild, or, finally, for letting the sites by competition when there was nothing else to be done with them, is the mere impudence of idle and ignorant pedantry, neither just, rational, nor true. Some of the sites thus disposed of by the Bloomsbury Board of Works were taken for schools, some by philanthropic societies or by individual builders for new dwellings, some for warehouses, and some few were not taken at all. Had the Bill been passed as the Commons voted it, all would have been devoted to replacing the habitations destroyed, but having been flung in a supercilious fit of indifference to rent-usury at the heads of the Vestries and District Boards, they were helpless to do better than they have done. They were given an Act to make the worst of it for the health and contentment of the people: they took the Act and they made the best of it. Yet we are told by empirics and quacks that it is no use trusting a reform of the slums to the municipal bodies that have the greatest conceivable interest in their reformation; and that nothing will do but to give the whole matter as further prey into the maw of centralism to be crunched and gulped and ruminated at will by that unaccountable and unaccounting creature. Wretched and ruinous have been the results of other experiments of this kind within recent years, and miserable will be the disappointment and discontent if, in weariness of hope deferred, metropolitan communities submit to be divested of one of their most humanising and healthful functions instead of insisting upon the proper powers being at length conceded for their due performance.

Sixty-six houses demolished and replaced, or, in other words, 250 human beings rescued from wallowing in the mire, as though they were no better than swine, and enabled to dwell in decency and cleanliness and health, equally near the scene of their humble toil, is not a despicable tale of bricks made without straw. The stint in the straw is the burden of Egypt, let fine gentlemen philanthropists laugh at it if they will. But had the local authorities in Bloomsbury had common fair play by law from 1872 to 1877, instead of 250 men, women, and children, so redeemed from degradation, dirt, and disease, four times that number would have been readily and cheerfully rescued. What the optics of the peers could not see in 1868 the simple eyes of local self-government recognised clearly enough, namely, that within gunshot of Trafalgar Square it would be better for the parish to have so many good new houses, instead of rotten, tumble-down, villainous dens; and if given by statute the power of buying up these latter at Lands Clauses price, and rebuilding if necessary with money at four per cent., charged on the rates, they would be idiots if they did not steadily put in operation powers so beneficial.

'It has been asserted,' says Dr. Septimus Gibbon, medical officer of health for the Holborn district, 'that we do not apply this excellent Act of Parliament so much as we ought to do; this is a mistake. Our Board took an active part in getting it passed, and endeavoured, unfortunately without success, to get the provision for opening out close courts and alleys, which existed in the original draft of the Bill, retained; and ever since the day that it received the royal assent, we have been applying, or threatening to apply, the Act to houses that could be fairly subjected to it. Besides having 150 houses, belonging chiefly to one owner, put into a complete

state of sanitary repair, it has been actually applied to 153 other houses, with the result of causing seventy-six to be thoroughly repaired and improved, fifty-one to be demolished, twenty-six to be rebuilt, and five to be closed. This progress will not appear culpably slow to any one who knows the manner in which the Act deals with the various owners of such property.'

After describing the dilapidations and extra overcrowding consequent upon the Metropolitan Improvement Act, Mr. Torrens says:

The present Home Secretary, with a laudable ambition to identify his name with beneficent legislation, volunteered to pledge on coming into office in 1874 to introduce a measure more thorough and effectual than the half-granted Bill of 1868 had proved. Early in the following Session he proceeded to redeem his word, and to explain the enactment which now bears his name. 'The rookeries,' said Mr. Cross, 'must come down;' and as one means of preventing the re-appearance of the sanitary evils with which they abound, he declared his belief in the necessity of driving wide thoroughfares through the over-built regions, putting an end thereby to the stagnation and seclusion which in so many portions of the town were notoriously to be found. There was no use, he thought, in dealing with the matter in detail. New currents of light and air must be let in upon the dark and desolate places of all our great cities, if for no other reason than to break up the unhealthy and demoralising associations which tended to keep them what they were. For large schemes of improvement, requiring the expropriation simultaneously of property belonging to many owners, and situated sometimes in different parishes, it was deemed indispensable to have one local authority for the metropolis; and for this purpose the Metropolitan Board, with its powers of general rating and borrowing, appeared to be best qualified. The equitable claim of the owner to be compensated fairly for his property taken away was again asserted by the Commons, and no longer controverted by the Lords, and the imperative need of reconstructing habitations for artisans and labourers as numerous, and of a better kind than those condemned to removal, was specifically recognised and declared. But once more the misleading Will o' the Wisp of *laissez-faire* intervened, and lured the legislature from the high road to its purpose. The Act of 1875 stopped short at the point of rebuilding by the local authority, where private enterprise failed to do so. Its authors clung to the bureaucratic tradition that when they had seized, paid for, demolished, and offered to make room for building speculation on a great scale, the whole of their duty was performed. The Bill consequently contained no security whatever that the one thing needful would be done either promptly, economically, or at all; but unbounded confidence was expressed in the efficacy of the wholesale temptations to individual builders and building companies, who it was said would do all that was required.

As an instance of the working of Mr. Cross's Act, Mr. Torrens states that under the Act of 1875, an overcrowded nest of humble dwellings, some of them decayed cottages, others ill-built houses, occupying, with garden and waste-ground half inclosed, a space of upwards of five acres, contiguous to Essex Road, was reported by the medical officer as requiring to be wholly renovated. At the public inquiry held in March, 1878, the Rev. Mr. Stanham stated that 'he had laboured in part of the condemned area for fifteen years; that the houses for the most part had fallen into a deplorable condition, and that his Scripture-readers frequently complained of illness after visiting them. There had been from time to time much scarlet fever, and in times of epidemic disease always settled there.' Of the five acres included in the improvement scheme but two and a quarter were estimated by Sir Joseph Bazalgette as covered with houses, most of which were unhealthy and incommensurable, but in which nevertheless 1,796 persons had come to huddle together; while more than three acres remained unbuilt upon, as if to give the lie circumstantial to the mocking theory that supply and demand may be safely left to swing themselves even. Here was a locality contiguous to one of the greatest thoroughfares out of London, and situated near the centre of a parish rated at a million and a quarter sterling, where the helpless population, chiefly from other districts, were fain to herd together for shelter simply because it was nearer their means of livelihood than if they had gone farther afield. Why did not private enterprise invest in the gradually deepening slum for the sake of five per cent? Builders know better than to sink their capital in the midst of such surroundings. If pragmatical philanthropy looks for a cure in that direction, it may wait for ever. A region once left to run down socially and sanatorily may be redeemed court by court and street by street, and that is the best mode of doing it; but general reconstruction can only pay when planned and executed systematically and as a whole, and therefore can only be effectual and remunerative when undertaken by a wealthy proprietor or by a public authority.

* Annual Report, District Board of Works, 1876, p. 29.

Does anybody ignorantly ask why did not the Vestry of Islington take the matter in hand and do betimes under the Act of 1868 what the Metropolitan Board proposed to accomplish under the Act of 1875? The answer is plain, Because the House of Lords refused to give them the necessary power for compensation and rebuilding, without which it was palpably impossible for them to do so. . . .

With the best intentions, the authorities under the new system have failed absolutely in four years to give a better dwelling to a single family in this unhappy region, or to drain a single drop from the stagnant pools that help to render it unhealthy. Can any words of argument, adjuration, or entreaty add weight to these plain words?

Speaking of the Extension Bill, Mr. Torrens says : Public opinion since the Extension Bill was brought in and circulated, has unmisstakably pronounced in its favour, most of the vestries and district boards, the association of medical officers, many of the leading parochial clergy, and others active and earnest in good work having warmly expressed their approval. It remains for Government to grant or refuse their desire. No one deprecates the trying out fully and fairly the experiment of 1875 ; but all desire that simultaneously therewith the compatible and complementary method of house by house, and court by court, rebuilding, should be co-ordinately brought into uncrippled activity. Town improvements, with their cumbrous preliminaries, vast expense, and the aggravation of misery they for the time entail, can never furnish a generally applicable resource against the weed-like growth of slum.

THE ARTIZANS' DWELLINGS ACT.

LIMEHOUSE DISTRICT BOARD OF WORKS.

[This was inadvertently omitted last week.]

THIS Board met on Friday, the 16th, at the offices, White Horse Street, Stepney ; Mr. W. Nathan in the chair.

DR. ROGERS, the medical officer of health, submitted to the Board a representation which he was about to forward to the Metropolitan Board of Works under the provisions of the Artizans' and Labourers' Dwellings Act, 1875, and affecting an area in the parish of Limehouse in the neighbourhood of Ropemakers' Fields. The space included was estimated at 94,000 feet superficial, and comprised 105 dwellings, with a population of 650 persons. The disease occurring in the area indicated a generally low state of health, and zymotic diseases were from time to time very prevalent, which the medical officer attributed to the bad arrangement, condition, and construction of the houses, together with want of ventilation and proper conveniences. Altogether the defects were such as could not be effectually remedied, except by an improvement scheme. The death-rate in the area was 31 per 1,000, against 25 per 1,000, the average of the whole of the district.

The CHAIRMAN (as representative of the district at the Metropolitan Board) said there was little chance of the scheme being taken up for some time, as the Metropolitan Board had already a number of other representations which took precedence. Of course the medical officer was doing only what he was requested to do, and simply submitted the representation to the District Board as an act of courtesy. It was only the Metropolitan Board, however, who could deal with it. He should be prepared to support the representation in his place at the Metropolitan Board.



DIETETICS.

By VIATOR.

CHAPTER IV.

(Continued from page 180.)

FROM the foregoing, it will appear obvious that the best and most proper diet for man is one composed not only of albuminous and oleaginous, but farinaceous and saccharine matter also. And such foods as combine these qualities must of necessity be most suitably adapted for the maintenance of health and strength. To the enumeration of these articles of diet, and a brief review of their qualitative abilities, we would now turn the attention of our readers.

Among the many articles of diet there is probably not one

of such vital importance as wheat, which the following analysis will bear testimony to : Starch, 65 per cent., of which, however, about 6 per cent. is transformed into gum and sugar ; gluten, 14 per cent. ; phosphate of lime, 16 per cent. ; fat, 1.42 per cent. ; woody fibre, 8 per cent. ; mineral matter, 1 per cent. ; a little chloride of sodium (common salt), and from 10 to 12 per cent. of water. Thus it is that bread prepared from pure wheat is such wholesome feeding ; for we observe that the nutritive elements are both rich and abundant, and may be eaten unground and uncooked with still greater advantages, because of the fact that the cooking process induces a chemical change in the albuminous molecules ; and further, because the bran requiring a more thorough mastication and insalivation, it exerts a greater stimulating effect on the stomach and small intestinal glands, and increases the secretion of the digestive fluids.

Bread made from pure, unbolted wheat contains a greater proportion of albuminous and amylaceous compounds than any other article of food now in common use. The supply of these compounds, as we have endeavoured to show, is absolutely necessary to repair waste and supply materials for the elaboration of heat ; and wherever bread has been used as a principal article of diet, there we find its consumers vigorous, robust, and free from many complaints and diseases that afflict their higher fed neighbours. But in some cases, where the body is exposed to violent exertion or exposure to cold, it may be found necessary to increase the supply of albumen, in order to augment the heat-producing power ; and this may be done by substituting maize for wheat, which contains an oily matter capable of effecting the desired end. When bread shall have been regarded in its true light, when its unfailing properties are recognised, and when its vitalising energies are more appreciated, the appetite will loathe such unwholesome food as butchered carcasses.

As we have already endeavoured to point out in previous contributions, there is something equally important with the nutritive worth of foods to be taken into consideration, and that is their ability to call into action an electrical vitality. And however nutritious certain foods are in themselves, it is a fact that, unless they impart in some eminent degree an enlivening feeling, we cannot regard them as being best and most proper articles of diet.

Experiment has shown that where analysis reveals certain chemical constituents in edibles, there is also a tendency in their consumers to increased vigour, physical and mental. This is a fact which has long been recognised by dietetic reformers. Unfortunately, however, instead of making these articles the principal basis of their diet, they have simply contented themselves by introducing them as *dessert*. This practice has been attended with very unfavourable results, which have been generally attributed to the unsuitability of the fruits eaten to answer any of the purposes of food. But the real fact is, the stomach has become weakened and impaired by the introduction of animal tissue, and is therefore unable to digest the fruit ; hence it lies like a stone in the stomach, causing innumerable ills, and affecting, in a most serious manner, the nerves, already enfeebled by over-exertion. Thus it is that cramps, inflammations of the stomach, weakness of the gastric nerves and impaired digestive system, are the results of a perverted appetite.

What has been said of the grain may, with equal propriety, be affirmed of the apple. And from its immense varieties, its abundant growth without demanding exceptional conditions, the ease by which it may be preserved, and its exceedingly nutritious qualities, possessing as it does sugar and albumen in rich proportions, we are warranted in claiming it as the monarch of fruits. According to analysis, the chemical elements of food combined in the apple are presented in the following order: Sugar, 8; pectin, 5.5; pectose, 1.2; albumen, 0.39. These figures will of course vary in some minute degree according to the variety of the apple. But they are sufficiently accurate for our present purpose. Of the two leading kinds, the juicy and the mealy, the former may be said to be most easily digested, but the latter is more nourishing. Apples do not contain the same nutritive qualities as wheat, and *vice versa*; but the deficiencies of the one are more than compensated in the other. Hence these articles form a dietary of themselves, fully able to sustain life under its various disadvantages.

Abounding in all that is nutritious and agreeable, we need not wonder that country children, whose principal food is apples, look perfect types of health and beauty. We have scarcely yet been able to recognise the virtues concealed in the apple, inasmuch as by false cooking notions we have positively destroyed its most signal and beneficial properties. The skin and the parts nearest thereto possess a finer and deeper aromatic taste than the parts nearest the core, and should invariably be eaten without the skin being pared off.

Some persons complain of flatulency of the stomach after eating an apple, and refer it to the indigestibility of the fruit, whereas it is more generally attributable to a weakened digestive system; and before there can be the possibility of change, the cause of weakness must be removed. If dyspeptics would discontinue the use of animal foods which contain an unusual amount of oily matters, and live more in harmony with their organic structure, preferring fruits, grains, and vegetables, they would find their diseases vanish, and strength take the place of weakness. This much is evident, as Dr. Hands says: 'We may starve the body, but so soon as we starve disease it disappears.'

One of the principal reasons why some people do not receive profit from the consumption of apples is, they have not sufficiently bruised them before swallowing them. Apples, like all other foods, require to be well-masticated and insalivated. Unless these be done, sour belchings, stomachic affections and disturbances, and most likely diarrhoea, will be the consequence.

If apples be eaten as they are presented by nature, in their uncooked state, and well masticated, they will impart to the system not only muscular strength, but increase the capacity for work, and elevate the spirits as well. To cook them is to deprive them of these abilities, because the albumen becomes coagulated by heat, is more difficult to digest, and consequently not so nutritious. Besides these considerations, that enlivening feeling which one experiences after eating a ripe apple, and which we have named the electrical vitality, is totally destroyed, and the fruit that would have nourished is converted into a means of conveying disease into the body.

The apple to us is both meat and drink. The fluids and solids contained in the apple are so nicely arranged as to make

them most easy of digestion. A stomach free from disease will in about one hour and a half digest a sound, ripe apple, or, in other words, the constituents of the apple will have been changed into blood, and enter upon the task of nourishing the body.

With these brief notices of the virtues and properties of the apple, without any reference to the economical side of the subject, we think our readers will see a more healthful, pure, and elevating form of food than partaking of the gross impurities of animal bodies, which deaden the sensibilities, enervate the feelings, and render our bodies tabernacles of disease instead of temples for the indwelling of the Holy Spirit.

(To be continued.)



HYGIENE.

A MANLY HABIT.

BY REV. PROFESSOR KIRK.

'Is it not true,' said a tender-hearted friend to us the other day, 'that tobacco puts away the pangs of hunger, and so enables the starving poor to endure their privations much more easily than they otherwise would?' 'And,' said a kind-hearted spirit, 'does it not warm the poor cabman on his box, when without a smoke he would be very miserable indeed?' 'And again,' said a third benevolent advocate of 'comforts' for the needy, 'how could a sailor get on without his plug of tobacco? Only think how cruel it would be to deny such men their last scrap of indulgence!' 'Then about the soldiers in time of war—did you not read in the correspondence of the *Times* and *Daily News*, during the late campaigns on the Continent, what a godsend it was to poor shivering wretches in the winter bivouac when a supply of tobacco reached the camp? Aye, and was not your heart touched when the brave correspondents, in their strongest colours, pictured themselves as finding consolation in the "fragrant weed," when all else was depressing and using up their overdone natures?'

It does *seem* dreadful indifference to the necessities of our fellow-creatures to try to be proof against these and kindred appeals on behalf of the multitude who smoke! 'Go into the hospitals for the wounded and dying, and only see for yourselves how the poor fellows have their pangs assuaged by the pipe, and then say whether you can join in the hue and cry of the anti-smokers, who would sweep all this comfort away!' It is perhaps wicked—very wicked of us; but like other wicked people we cannot, without great effort, help some very queer thoughts coming up in the face of these appeals on behalf of men who are so dependent on tobacco! Here is one such thought—the *women* don't smoke. If you have seen them in some parts where they do, you will have noticed that it is only the toughest of their kind, after all, who take to the pipe. The true representative of the gentler sex never does so. It is only the woman who comes nearest being like a man who shows the slightest tendency in this direction. The fact provokes most 'wicked' questions for information ere we listen to the appeals that are made to us. Is it really the case that women are made of better stuff than men? It would seem so. At least it would seem that some women are made into hardier

beings than are some men. These women, at least, endure privations and hardships in silence which would make the men who smoke ineffably wretched without their pipe, and such women would scorn to have their trials lessened by the stupefying influences of a narcotic. It does certainly appear as if these women were made of superior mettle, and as if some men had been formed from inferior material.

The subject is a serious one when it opens itself up in its reality. We know families in which the man smokes. But he has as much as he requires of the best food his wife can secure. She has to go with less than half what she needs, and the children have to do the same. The man smokes, and our compassion is appealed to on his behalf, but no tobacco is suggested for the wife and the children! It does look as if the women were made of better stuff than the men as a rule, and hence their smaller trials must be narcotized, but the women manage to do without such 'helps!' We fear that this incredible inferiority on the part of a growing class of men, as compared with the great majority of women, will become only too credible if we pursue the inquiry further. We see, for example, a young mechanic taking an evening walk with his sweetheart. He is smoking tobacco! She never requires such a thing. Nobody dreams that she does. The charm of his presence is more than enough to warm her from head to heel, even if the night is a wintry one, and her clothing is thinner than his. But, oh! poor creature, *he* would be miserable if he could not smoke that pipe! The charms of her presence must have the addition of the narcotic, or he would be in a deplorable state in both body and mind! This is just the man who in a few years will be at the head of a family, with that young woman as his wife and mother of his family. This is the very man who will smoke his costly tobacco when his wife and children will go with less than half they should eat and wear. Is that man not an inferior being when compared with that woman? Is it not beyond dispute that he is immensely 'the weaker vessel' of the two? We must pity him, certainly. But let the grounds of our pity be clear. We must be allowed to start with this fact—that he is an inferior being compared with his wife. He is, by his new and artificial constitution, less brave and capable of uncomplaining endurance than she. He is altogether so weak a being that we are to deplore his sad condition, and let him have narcotic helps which she despises! If he is upheld by his tobacco, while she endures far more severe hardships than he does, and scorns such aid, he demonstrates that he is a being inferior to her. If we must pity him, and plead for his smoking, it must be on this ground to begin with. His wife is able, in the strength of her soul, to rise above her privations and hardships, while her poor cowardly husband is commiserated and his soul stupefied with tobacco!

But is not all this the outcome of some wretched delusion? It is so. The man, from the very nature God has given him, has a fund of endurance which a woman, other things being equal, has in less degree than he. If he does not show this, that is his shame. But if he chooses to call up his manhood when it is required to show itself, he will have vastly less need for tobacco than even his wife, and she has need of none. Neither of them has any need for the deceptive drug. They will both do better without it than they can possibly do with it. *Like its kindred spirit alcohol, it can do nothing but deceive by silencing for*

a time the call of the nervous system for real and substantial relief. In this way it deadens the pangs of hunger, but leaves the body unfed. It removes for the time the sense of fatigue when the frame is exhausted and calls out for rest. It benumbs the sense of cold, so as to make the smoker feel warmed at the very moment when the thermometer shows it has really lowered his temperature. How immensely low has a man sunk who confesses that he has become helplessly dependent on such a support! You say that we ought to pity him, and let him have his solace? Would it not be better to deliver him from his miserable delusion, and rouse him to be once more a man? If he will not be roused, then at least let it be understood that we pity the poor thing, weaker than the woman who is bravely independent of all his delusive consolations. It is more than high time that something like this became the general understanding. We are sinking as a nation because our men are becoming weaker than women. Our compassion is appealed to on behalf of the weak, but that now means the masculine instead of the feminine! Surely it would be worth a good deal of effort if such a state of matters could be reversed. He who pleads for tobacco for the smoker and liquor for the tippler, has forgotten that it can never be the true way to raise men by pandering to their vices. Let them be summoned to show themselves men, and let the falseness of their refuges be exposed. If they must still be pitied, let it be on the clear understanding that they have only themselves to blame if they will not fall back on the bravery their Creator endowed them with when he made them men.

We close with the eloquent words of a writer on 'The Physiological Position of Tobacco,' in the *Quarterly Journal of Science*:

'Even in our days, notwithstanding the vast consumption of tobacco, it is a habit of the minority only. The female sex, to their honour be it said, with very rare exceptions, abstain from this indulgence. If the claims of the apologists of tobacco are correct, why is it that an entire sex avoids it? The frailer body and more mobile mind of woman seem to stand in greater need of "soothing" and "refreshing" than the coarser frame of man.

'It is not necessary; for all men do not smoke, and the abstainers are not subject to any inconvenience or disadvantage, but the reverse.

'Homer sang his deathless song, Raphael painted his glorious Madonnas, Luther preached, Gutenberg printed, Columbus discovered a New World, before tobacco was heard of. No rations of tobacco were served out to the heroes of Thermopylæ, no cigar strung up the nerves of Socrates. Empires rose and fell, men lived and loved and died during long ages, without tobacco. History was for the most part written before its appearance. "It is the solace, the aid, the familiar spirit of the thinker," cries the apologist; yet Plato the Divine thought without its aid. Augustine described the glories of God's city, Dante sang his majestic melancholy song, Savonarola reasoned and died, Alfred ruled well and wisely without it. Tyrtæus sang his patriotic song, Roger Bacon dived deep into Nature's secrets, the wise Stagyrte sounded the depths of human wisdom, equally unaided by it. Harmodius and Aristogeiton twined the myrtle round their swords, and slew the tyrant of their fatherland, without its inspiration. In a word, kings ruled, poets sung, artists painted, patriots bled, martyrs suffered, thinkers reasoned, before it was known or dreamed of. Who of us can realise Moses with a "churchwarden" in his mouth, or St. Paul smoking a prime Havannah?

'Think of ancient Greece, of her glory in arts and arms and song, of her poets, sculptors, architects, after whom the moderns

toil in vain. We do but follow in their tracks with halting steps and slow, and yet they lived their lives, and thought their deathless thoughts, and gave immortal beauty to the silent stone, without tobacco.

‘What shall we say then to this habit? It is in no case necessary or beneficial; it is a social nuisance; it is devoid of all æsthetic beauty; it is an unmanly leaning on a solace to care and labour neither sought nor needed by the weaker sex; it is an enormous and yearly increasing source of national improvidence. Above all, it is the foe to youthful development, the bane of youthful blood and brain. The subject may seem to some too trivial for serious attention; but when we consider the extent of juvenile smoking, we see that the national life and stamina are seriously threatened by this ignoble habit. So a noble tree, heaven aspiring, with wide-spreading branches, whose leaves are a refuge for the singers of God, may be attacked by some insignificant parasitical plant, which winds round and round it in serpent-folds, and sucks away its sap and vigour, till the green leaves are blasted and the singers flee away, till the glory is departed, and Death and Ruin alone remain.’

As a last word on this subject, let me say that high-class publications on the whole question of the habitual use of narcotics are courteously supplied gratis to all and sundry who apply for them to the Secretary of the Anti-Narcotic League, 4, Lord's Chambers, Corporation Street, Manchester.

THE OFFICE OF THE LUNGS.

THE office of the lungs is to excrete poisonous matter from the blood, viz., carbonic acid gas, and to secrete a gas that the blood for its purification, and for the production of animal heat, requires, viz., oxygen.

About fifteen times a minute the lungs dilate and contract. At each dilatation they draw in the breath of life, at each contraction they throw out matter, which, if retained in the system, would cause disease and death. Sleeping or waking the lungs never cease working; they work perhaps a little slower during sleep, and while the body is resting; still, while life lasts they unceasingly perform their functions. The food of the lungs is obtained from the air, hence the necessity of constant supplies of fresh air; the health of the blood and the welfare of the system depend on it. If our rooms are not well ventilated, the air soon becomes impure. For the want of fresh air many lives have been destroyed; and the constant breathing of bad air is undoubtedly a cause of lung diseases, and an attraction for fever, smallpox, plague, etc. We find persons who live in crowded dwellings, filthy streets, and courts, where fresh air can scarcely penetrate, generally very stupid, and I believe the want of fresh air to be a cause.

Reptiles are looked upon as very stupid animals, and their stupidity is associated (as it often is in man) with a venomous and rancorous disposition, and these defects, both intellectual and moral, are said to depend on an imperfect oxidation of the blood, owing to the imperfectly formed lungs and heart of these animals.

Man's lungs and heart are formed so that the blood may be freely oxidised and circulated, and the healthy condition of the lungs requires good air and a free respiration, pure blood, and a free circulation.

In the vitiated air of a house we find the inmates who have had time to adjust themselves to it, breathing without apparent inconvenience, although each new-comer feels the air to be

vitiated; and because they get accustomed to it, people suppose that no injurious effect can follow. Here lies the dangerous fallacy. They get accustomed to it, indeed, and only because they do so are they contented to remain in it; but at what price? by what means? By a gradual depression of all the functions of nutrition and secretion. In this depressed condition less oxygen is absorbed, and there is less needed in the atmosphere. A vitiated air will suffice for the respiration of a depressed organism, as it would amply suffice for the respiration of a cold-blooded animal. When we enter a vitiated atmosphere our breathing becomes laborious, the consequence of this is a depression of all the organic functions, and then the breathing is easy again, because we no longer require so much oxygen, and no longer produce so much carbonic acid. The vigorous mouse or bird will perish instantaneously in air which would sustain the enfeebled mouse or bird upwards of an hour. Thus does physiology explain the paradox, but at the same time it points out the fallacy of supposing that bad air can be harmless because we get accustomed to it. Health depends on the body being placed and kept in such a condition as to allow the whole of the organs to exercise their functions in the way intended by nature. We cannot infringe any of nature's laws with impunity.

R. SHIPMAN,



CURRENT OPINIONS AND EVENTS.

Dr. Macdonald, in a second letter to the *Daily Chronicle*, continued his strictures upon trade unions and strikes. His positions, however, have been disputed by other correspondents. One of these—‘Thrifty Labourer’—points out that masters are often unjust in ‘demanding reductions out of all proportion to the marketable value of the manufactures or commodities;’ and while he is in favour of open arbitration in cases of difference, he maintains that unions are necessary to enable the workmen to obtain justice. He truly says:

‘Workmen are accused of wasting their earnings; fortunately for the masters, such is the case, for if frugality was generally practised among the labouring classes for a few years, they would then be in a position to know what the real worth of labour is.’

Children in crowded districts suffer much from the want of open spaces for playgrounds. If they go into the streets they risk being run over. A good wide court through which there is no vehicular traffic is much better and safer than a street for the little ones. The children around Lincoln's Inn Fields are to be treated to the great boon of being allowed to play in the gardens of Lincoln's Inn Square each Saturday throughout the summer. They have to thank Miss Emma Cons for obtaining this concession for them. The labours of this lady have been unwearied in the endeavour to elevate the condition of the people.

On Saturday last the gates were thrown open for the first time, and about 500 young children speedily took possession of the green. The promoters of the movement provided the youngsters with light refreshments, and did their best to render the afternoon an enjoyable one.

On the same day the Westminster Industrial Exhibition was opened by the Speaker of the House of Commons, who was supported by the Chancellor of the Exchequer and several members of Parliament. Dr. Lyon Playfair, in moving the second resolution, said :

‘He did not know whether they had observed the fact that almost all great discoveries, whether in religion, philosophy, literature, or science, came from the people. (Hear, hear.) Great princes did very little towards the intellectual resources of the world. (Hear, and laughter.) It was the cultivated intelligence of the people, resting upon some particular subject altogether outside their own world, which produced the great discoveries of the world.’

In speaking at the great Alliance Meeting at Exeter Hall on Monday last, Sir Wilfrid Lawson said :

‘He trusted that, as they would soon have an opportunity of exerting their influence as voters upon the men who would be seeking to obtain a seat in Parliament, when addressed by men who said that they were in favour of the claims of Greece, or the claims of other foreign nations, let them reply that the claims of humanity, of justice, of the starving, demoralised people of this country, were before the claims of any other nation. There were half a million of homes where happiness was never seen in consequence of the vice of drink. It was in the power of the people themselves to make the future of England better than the past, and he trusted that they would do something to make England a brighter, better, and happier land for the children which should come after them.’

POULTRY KEEPING.

By ‘HOUDAN,’ WOKING.

(Continued from page 219.)

WITH regard to hatching, I may say that I get 15 chicks from each sitting hen—spring and autumn broods together. Eleven eggs is quite sufficient to put under an ordinary hen, and the result is better than where thirteen or more eggs are used. In the autumn I never set more than nine eggs. I never kept such a large number as 2,000, but I have had as far as 400. Where a very large number is kept they seldom do so well, but whether or not this is owing to neglect I cannot tell. I remember that six or seven years ago there was a large concern started at Benton, but I do not think it was found remunerative. I have over 100 hens at the present time, nearly all of my own rearing. I will give an estimate for 100 hens, and from it those who wish to keep fowls can easily form their own opinion. As the production of eggs is quite as important as the rearing of chicks, I would recommend that at least three-quarters of the stock should be of a non-sitting variety, and of this sort, the best in every way is the Houdan. They are the best layers, and their eggs are the largest, weighing on an average $2\frac{3}{4}$ ounces; and, being almost invariably fertile, there is no loss in hatching. They are, too, tame and quiet in disposition, and will not even try to fly over a fence three feet high. As table birds they are equal in every way to the Dorking, and as they never become ‘broody,’ they have more time for laying. My estimate is as follows :

STOCK.

75 hens (non-sitters), at 3s. each	£11 5 0
25 Dorking or Brahmas, at 3s. each	3 15 0
2 cocks (1 Houdan and 1 Dorking), at 20s. each	2 0 0	
		£17 0 0

INCOME.

11,500 eggs, at 1d. each	£47 10 0
50 broods, producing 375 chicks, at 2s. each, when 16 weeks old	37 10 0
		£85 0 0

EXPENDITURE.

Food for 102 hens, at 1½d. per week	£27 12 6
Food for 375 chicks, at 8d. each for 16 weeks	12 10 0
500 eggs for setting, at 1d. each	2 1 8
Loss from accidents, etc., say	1 10 0
Loss upon renewal of stock annually, 1s. 6d. per bird	7 10 0	
Profit	33 15 10
		£85 0 0

I have said nothing about the value of the manure and feathers, because where only a small number are kept it is of little account. On the other hand, I have said nothing about the expense of marketing, rent, taxes, labour, etc., though where a large number are kept, these would amount to large items. If 2,000 were kept the gross profit would be about £700 per annum, but the deduction for labour, rent, etc., would run off with about £300, leaving a nett gain of £400. If this calculation does not show such a good picture as that of many of your correspondents, it is at any rate a true statement, and one likely to be realised. I will be glad to write further on this very important subject, or communicate with any one who wants particular information thereon. In conclusion, there is one thing which must be attended to, or failure will be the result. Birds hatched in the spring must be got rid of at the age of eighteen months at latest, or they will become old birds, and an old bird will not lay in the winter months (from October to January), whatever means you try to induce them to do so, and will be simply food consumers, in spite of all the powers of fire, horse-flesh, and pepper.—*Newcastle Chronicle*.

Mr. Cole writes respecting his article reprinted in *House and Home* :

‘By a strange inadvertence I omitted to mention that the “three millions of pounds sterling,” included the cost of importing some thousands of tons of poultry. The sentence should read thus:—We annually import into this country about five hundred millions of eggs, and some thousands of tons of poultry, at a cost of about three millions of pounds sterling. Of course, this is an approximate estimate, but it is as near as I can ascertain from the best authorities. Some critics appear to think eggs cannot be sold at an average price of one penny each. I did not state the fact without verification, and for the information of those gentlemen, I may say that I know of two contracts for new-laid eggs, taking them all the year round—one at the rate of twelve for 1s., and the other at twelve for 1s. 3d. I also find that retail dealers buy them at about the following rates :

For 3 months—	8 for 1s.
For 3 months—	10 for 1s.
For 3 months—	14 for 1s.
For 3 months—	16 for 1s.

making an average cost of 1d. each for all the year round. The whole question is this : If foreign egg-producers can send eggs here to be sold at, say, 14 for 1s. during the winter, and 22 for 1s. during the spring and summer—paying all cost of transit, dealers’ and retailers’ profits, and still leaving a profit for themselves (or they wouldn’t send them)—why cannot they be produced on the spot to sell at a higher rate and leave a profit to the producer? The answer is, because there is a great amount of prejudice and ignorance in the management of poultry; many are ready to criticise, but few to suggest. To the former I would say in the words of Thomas Carlyle, “What, hast thou no faculty of that kind? Only a torch for burning; no hammer for building? Take our thanks, then, and thyself away.”

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

O God! the Giver of all which men call good
Or ill, the Origin and Soul of Power!
I pray to Thee, as all must in their hour
Of need, for solace, medicine, or food,
Whether aloud or secretly—understood
No less by Thee. I pray: but not for fame,
Nor love's best happiness, nor place, nor wealth.
I ask Thee only for that spiritual health
Which is perception of the True—the same
As in Thy Nature: so know, and aim
Tow'rd Thee my thought, my word, my whole of life.
Then matters little whether care, or strife,
Hot sun, or cloud, o'erpass this earthly day:
Night cometh, and my star climbeth Thy Heaven-way.

W. J. Linton.

Laws were made to restrain and punish the wicked: the wise and good do not need them as a guide, but only as a shield against rapine and oppression; they can live civilly and orderly, though there were no laws in the world.—*Owen Felltham*.

A good death is better than an evil life; strive, therefore, to live as long as thou oughtest, not as long as thou canst. While thy life is to others worth more than thy death, it is thy duty to preserve it.—*Ancient Indian Manuscript*.

So long as thou art ignorant, be not ashamed to learn; he that is so fondly modest not to acknowledge his own defects of knowledge shall in time be so fondly impudent as to justify his own ignorance. Ignorance is the greatest of all infirmities, and, justified, the greatest of all follies.—*Quarles*.

Laws are frequently like cobwebs, which entangle the lesser sort, when the greater break through.—*Solon*.

Knowledge is as silver among the poor, gold among the nobles, and a jewel among princes.—*Italian Proverb*.

A portrait painter, entirely without business, was advised by somebody to paint a likeness of himself and wife, sitting under a tree, and hang it up that people might judge of his skill. He did so. One day his father-in-law came into the shop and spied the new picture. 'Pray, son-in-law, who is this woman you have painted here?' 'Why, sir, 'tis your fair daughter.' 'What!' said the father, with some indignation, 'do you paint my daughter sitting abroad with a stranger?'—*Chinese Jests*.

Genuine government
Is but the expression of a nation, good
Or less good,—even as all society,
Howe'er unequal, monstrous, crazed, and cursed,
Is but the expression of men's single lives,
The loud sum of the silent units.

E. B. Browning.

Man who dares enslave the world, when he knows he can enjoy his tyranny but a moment: what would he not aim at, if he were immortal?—*Ancient Indian Manuscript*.

I had one just flogging. When I was about thirteen I went to a shoemaker, and begged him to take me as his apprentice. He being an honest man, immediately took me to Bowyer (the master of the Blue-Coat School, in which Coleridge was educated), who got into a great rage, knocked me down, and even pushed Crispin rudely out of the room. Bowyer asked me why I had made myself such a fool? To which I answered that I had a great desire to be a shoemaker, and that I hated the thought of being a clergyman. 'Why so?' said he. 'Because, to tell you the truth, sir,' said I, 'I am an infidel!' For this, without more ado, Bowyer flogged me, wisely, as I think; soundly, as I know. Any whining or sermonising would have gratified my vanity, and confirmed me in my absurdity; as it was, I was laughed at and got heartily ashamed of my folly.—*Coleridge*.

THE HOUSEWIFE'S CORNER.

A SUMMER DRINK.

'Aunt Botherby,' in the *Ladies' Gazette of Fashion*, gives the following instructions to make 'Vanilla Drink':

Take two pounds of white sugar, put it into a brass kettle, and barely cover with clear water. When it comes to a boil, drop in a vanilla bean, split and cut into small pieces. Let all boil together until it becomes a thick syrup. Strain, and then bottle, corking up tightly. Put a teacupful of this syrup to a quart of water. Iced, it makes a delicious beverage, especially in hot weather.

VEGETABLE PIE.

Peel two large Spanish onions, boil them gently till tender, peel and slice about eight potatoes. Make a nice pie-crust, using butter, line a dish with some of the crust, then take the onions, cut them in slices, and place one layer at the bottom of the dish, then a few lumps of butter and a little pepper and salt, and so on alternately till the dish is full; then pour in about a teacupful of milk, not too much, or the pie will be too liquid; then put over the crust, and bake a nice light brown. If you cannot obtain Spanish onions, use English, but Spanish are preferable, and use only a little pepper; do not season so highly as you would for meat.—*Myra's Journal*.

POOR MAN'S GOOSE.

The following recipe is from Miss Guthrie Wright's 'School Cookery Book':

Required: A sheep's liver and heart, $\frac{1}{2}$ lb. fat bacon, about 1 teaspoonful powdered sage; 2 onions (previously boiled); 1 oz. flour; $\frac{1}{2}$ oz. dripping; 1 gill cold water; $\frac{1}{4}$ teaspoonful salt; $\frac{1}{4}$ teaspoonful pepper. Wash and dry the liver and heart thoroughly; cut them into thin slices; dip each slice into the flour. Chop the onions; cut the bacon into thin slices, and remove the rind. Place a layer of heart and liver in the bottom of a greased pie dish; sprinkle over it a little of the chopped onion, sage, pepper, and salt; place a layer of bacon; repeat this till the materials (except the dripping) are all in the dish. Add the cold water. Cover the dish with a greased paper; bake in a moderate oven for about an hour.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d..
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page		4	0
do. do., per column		1	10
Back page		5	0
do. do., per column		2	0
Inside pages		4	0
do. do., per column		1	12

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by **JOHN PEARCE.**

No. 20, Vol. I.]

SATURDAY, JUNE 7TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



MR. SECRETARY CROSS.

JOURNAL

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: JUNE 7th, 1879.

CONTENTS.

	PAGE
MR. SECRETARY CROSS	235
PHRENOLOGICAL SKETCH OF MR. SECRETARY CROSS, BY PROFESSOR S. E. O'DELL	235
HOW TO CHEAT THE DOCTOR, BY RADIX	236
THE PARKES' MUSEUM OF HYGIENE	237
DEBILITATED STOMACH	237
ECONOMY IN FOOD, BY M. NUNN	237
FURTHER NOTES ON POULTRY KEEPING, BY LEWIS J. COLE	238
A WORD FOR HYDROPATHY, BY REV. F. WAGSTAFF, EDITOR OF THE 'LAY PREACHER'	239
ALL A PACK OF NONSENSE; OR, FINNY, TWITTER, AND JENNY, A STORY FOR CHILDREN, BY T. H. EVANS	240
CURRENT OPINIONS AND EVENTS	242
CORRESPONDENCE	243
GEMS OF THOUGHT	244
THE HOUSEWIFE'S CORNER	244

MR. SECRETARY CROSS.

THE RIGHT HON. RICHARD ASSHETON CROSS, M.P., Secretary of State for the Home Department, was born on the 30th of May, 1823, at Red Scar, near Preston. He is the third son of the late William Cross, Esq., and Eleanor, daughter of the late Ed. Chaffers, Esq.

Mr. Cross was educated at Rugby School, and Trinity College, Cambridge, where he took the B.A. degree in 1846. He was called to the bar at the Inner Temple in 1849, and for several years he went the Northern Circuit. In 1852 he married Georgiana, daughter of the late Thomas Lyon, of Appleton Hall, Warrington. He represented Preston in Parliament from 1857 to 1862; and at the general election, 1868, he contested South-West Lancashire in opposition to Mr. Gladstone. The election, which excited an extraordinary degree of interest throughout the kingdom, resulted as follows:

Mr. Cross (C.)	7,729
Mr. Turner (C.)	7,676
Mr. Gladstone (L.)	7,415
Mr. Grenfell (L.)	6,939

Mr. Cross was returned without opposition at the general election of 1874; and, on the formation of the Disraeli Ministry, he was appointed Secretary of State. On February 21st, 1874, Mr. Cross was sworn in as a member of the Privy Council.

Sanitary legislation has received a fair share of attention at the hands of the Government: and naturally the most onerous and responsible duties connected therewith have devolved upon the Home Secretary. There can be no doubt of his sincerity and earnestness in endeavouring to grapple with the Dwellings Question; and it is to be hoped that he will be disposed to

remedy all defects in the Act with which his name is so closely and honourably identified as they may become manifest. The speech delivered on the occasion of the opening of the buildings erected by the Victoria Dwellings' Association, and reported by us last week, evidenced his appreciation of the importance of the movement; and if he makes himself acquainted with the practical working out of the several schemes now in progress, there can be no doubt but that he will readily assist in perfecting legislation on the subject.

The office of Secretary of State is no bed of roses: and, whatever may have been his defects or shortcomings in that position, it is very rare that a Secretary of State maintains his popularity for so long a period as Mr. Cross has done. For, whatever may be said to the contrary, it is certain that his record of office would compare favourably with that of recent Home Secretaries. We hope he may remain a member of the House of Commons for many years, and believe that, either in or out of office, so long as he is there, he will steadily support legislation having for its object the physical well-being of the people.

As will be seen from a paragraph in another column, Mr. Cross will preside at the ceremony in connection with the opening of the Parkes Museum of Hygiene on the 28th instant. This compliment to Mr. Cross is a well-deserved one, while a more reliable president could not well have been selected.

PHRENOLOGICAL SKETCH OF MR. SECRETARY CROSS,

AS GIVEN BY PROFESSOR S. E. O'DELL.*

THE human mind possesses many and varied powers.

But to be truly great in your day and generation—to rise in life—to ascend in the social scale—to act so as to benefit yourself and others: there is one power above all others which you require, and which is denoted by 'will power.'

Here is self-government, authority, rule, control. 'Go,' he says to the most tempting allurements, and it goeth.

In vain would the siren of pleasure weave her tempting allurements, or lay her dazzling spells, when such is opposed to his will.

'Stay!' he says to the most trying, the most painful duty, and it stayeth.

It will not deny his authority.

The path of duty—not such, it may be, as others would have it, but such as his own reason and judgment points to—he will walk in, though it may be a path of thorns.

But with him 'duty' will turn many a bitter to a sweet, many a thorn to a rose.

He can direct and keep his mind in any given channel at a moment's notice, while with others of weaker will-power foreign thoughts will oft intrude and fill the mind with wayward fancies, and thus detract from the power and intelligence which should be concentrated upon the subject, plan, or undertaking of the moment.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, E.C.

I would not know what position to place him in to flurry him, or cause him to lose his presence of mind.

Here is an indication of much executive power.

It is not alone that he has a good planning organisation, but he can put his plans into execution; and, though they may appear ever so difficult to others, they seem easy and plain to him.

He will not believe in hurry, but likes to have time for development.

He will not suffer much from over-anxiety or worry of mind, will not allow trifles to annoy him: and this gives him much advantage over others, and enables him to take a pleasure in what would be to others vexation of spirit.

His speaking abilities are fully developed: but, in order to make him eloquent, he would require a more than ordinary amount of stimulant.

He is rather lacking in approbateness. His desire for applause is not large enough to act as a stimulant to effort for the purpose of pleasing or trying to win the plaudits of the crowd.

What applause he desires will be from the few rather than the many.

His power of friendship is prominently developed: and when he likes, it will be with warmth of feeling; and when he dies, it will be said by many, 'Lo! I have lost a friend.'



HYGIENE.

HOW TO CHEAT THE DOCTOR.

MOVING on in my self-imposed pleasant duty for the good of the labouring classes in helping them to save a doctor's bill, and also keep themselves in good working order bodily, I, to-day, will say some words on cleanliness. Like other subjects connected with sanitary advice, much has been wisely and scientifically written, but cleanliness cannot be too much advocated in our hearths and homes. Cleanliness and ventilation are the two *principal* keys, perhaps, to health. Daily ablutions have been urged on all, even to the wipe of a damp cloth, which, in itself, is something—'a lick and a promise,' commonly called. The labouring man has little time for washing in the morning, especially in cold dark mornings in winter; but he should *find* time on his return before his evening meal. Has no one ever told him how much more he would be appreciated by his wife, who would then sleep in a better atmosphere; and could he but give up tobacco smoking (in itself only an allayer of a depraved appetite, and a *costly* one), she would appreciate her rest still more, and both would be fresher on awakening—but every little helps. In addition to the daily ablutions, I would, from many years experience, advocate the occasional use of the Turkish bath, to both sexes; it is usual to ignore it, cry it down as dangerous, and it is astonishing, *since they* have come into use, how many people say there is 'something wrong with their hearts, that they dare not take one.' It is marvellous, though, how many medical men are in the habit of frequenting Turkish baths *themselves*, but not their patients.

When I feel what is called seedy, out of sorts, heavy, more stupid, perhaps, than usual, blind, and can't hear well, I have

a very light breakfast, no lunch, off to 'The Hammaous' in Jermyn Street, or to Paddington Green, or to Brompton, have a bath, and in about an hour and a half I come out ready to jump over the first cab I meet—home, devour my dinner ravenously, and go to bed with a skin as smooth and clean as a baby's. As to the dangers, there are very few, and *none* if you will place yourself in the hands of the head attendant at each of these establishments, where you will find civility itself, with care and attention; but the *abuses* are many and various, and advice to bathers various also. I recommend my friends thus: Do not go with a full stomach; I have said how to avoid that—very little breakfast, no lunch or mid-day meal. On entering, tell the attendant you have never had a Turkish bath. You will be taken under care. Undress, go to the ablation room, wet your head all over with cold water (or tepid, if you prefer it much, at first), sit down in the first room for five minutes; the temperature is warm and pleasant; read your paper or talk; now drink two or three mouthfuls of cold water, which will help the perspiration to exude, and go into the next warm room; spread your body towel along the bench and lay down, first on one side, then on the other, and then on your back, a few minutes each, in all about a quarter of an hour or twenty minutes. The temperature here is usually about one hundred and sixty, and the chances are you are now perspiring freely, soaking the cloth you are on; but should you feel your temples throbbing or pulse beating too perceptibly, walk back to the first room and lay down there; rest a little, perhaps drink a mouthful or two more of cold water, and ask for a shampooer, who will shampoo you, and afterwards wash you with soap and water. You will be asked now if you will take the douche or the plunge bath. I always take the cold douche, which shuts up the now cleansed pores of the skin tight, and so prevents after cold. Your attendant will wrap you in Turkish towels, and take you to where you undressed. Lay down for some time (as long as you can spare), dress, and walk home, if a walking distance, or in a closed cab. These rules my good mother-in-law, seventy-two years of age, has abided by for a long time, and she enjoys her bath very much; she herself is a stout woman, and rather plethoric too. By *not* abiding by my instructions, a young friend (a gentleman), who was delighted with his first bath he took along with me, went quietly by himself a fortnight afterwards, undressed, walked straight into the hot room first (to save, as he said, *time*); he got faint and had to be taken out. He never would go again. Such cases come under the head of abuse. Although there is a hotter room still than I have mentioned, and which is used by many, I do not recommend it at all; I believe it to be rather injurious than otherwise, and *not necessary*. What you have to *avoid* is drawing out of the system what nature intended to remain; what is necessary is to exude by perspiration through the pores of the skin unhealthy accumulations only, and leave the pores of the skin to do their duty without filth in them. I say filth! A young lady told me, after her first bath, 'I always thought I was a clean girl, sir, but I was disgusted to see what rolled off me.' Yes, take advice and use them, say, twice in three weeks, perhaps. They save you from pills, sweet spirits of nitre, hot drinks, heavy blankets, and innumerable nasty draughts from the chemist's shop.

RADIX.

THE PARKES MUSEUM OF HYGIENE.

THIS museum, temporarily located at University College—of which Her Majesty the Queen is patron, will be opened to the public on and after the 1st of July next. The opening ceremony will take place on Saturday, June 28th, when a meeting will be held in the Botanical Theatre, under the presidency of the Right Hon. R. A. Cross, M.P., Secretary of State for the Home Department. Although the museum is yet quite in its infancy, it contains a very valuable collection of objects and apparatus relating to every branch of sanitary science. As the only institution of its kind existing in London, it will supply a very great want to those in need of facilities for obtaining a practical knowledge of sanitary matters, and professional men, employers of labour, manufacturers, artisans, and other persons, both men and women, will be able to study at their leisure those subjects in connection with sanitary arrangements in which they may be interested, and the benefits of the museum will therefore be extended to all classes of the community. The executive committee—of which Sir William Jenner is chairman—rely on voluntary subscriptions for the support of the new institution under their charge. Of the subscriptions already received they have invested £600 as the nucleus of an endowment fund. In all, something under £1,100 has been subscribed in sums varying from £1 to £50, the latter sum having been given by Her Majesty the Queen. Additional subscriptions are much needed. Manufacturers and others desiring to place articles in the museum will be supplied with the necessary forms on application, by letter, to the curator, Mr. Mark H. Judge, University College, Gower Street, W.C. All subscribers and donors of articles accepted by the committee will receive invitations to the opening ceremony.

DEBILITATED STOMACH.

IN the 'Memoirs of Count Segur' there is the following anecdote: 'My mother, the Countess de Segur, being asked by Voltaire respecting her health, told him that the most painful feeling she had arose from the decay of her stomach and the difficulty of finding any kind of aliment that it could bear. Voltaire, by way of consolation, assured her that he was once for nearly a year in the same state and believed to be incurable, but that nevertheless a very simple remedy had restored him. It consisted in taking no other nourishment than yolks of eggs beaten up with the flour of potatoes and water.' Though this circumstance took place as far back as fifty years ago, and respected so extraordinary a personage as Voltaire, it is astonishing how little it is known, and how rarely the remedy has been practised. Its efficacy, however, in cases of debility cannot be questioned, and the following is the mode of preparing this valuable article of food as recommended by Sir John Sinclair: Beat up an egg in a bowl, and then add six tablespoonfuls of cold water, mixing the whole well together; then add two tablespoonfuls of farina of potatoes; let it be mixed thoroughly with the liquor in the bowl. Then pour in as much boiling water as will convert the whole into a jelly and mix it well. It may be taken alone or with the addition of a little milk, in case of stomacic debility or consumptive disorders. The dish is light and easily digested, extremely wholesome and nourishing. Bread or biscuit may be taken with it as the stomach gets stronger.

DIETETICS.

ECONOMY IN FOOD.

THRIFT is most necessary in all matters of social progress. Economy of time, resources and labour, are all more or less necessary. It is, however, economy of food to which we desire now more particularly to call attention. This species of economy is very desirable for all, but for the working classes it is absolutely requisite, if they would attain to any degree of comfort, self-respect, and independence; and yet how seldom is it practised by them! The non-cultivation of thrift in food is everywhere seen to be the cause of misery and wretchedness. To counteract, therefore, as far as possible, such a state of things, let the inculcation of habits of thrift in food be recognised for the future as an essential part of the education of every child, rich or poor.

Several shillings every week throughout the year is worse than wasted on the Sunday's gorge. While the bulk of French workmen are generally satisfied with a penny-worth of nutritious beans for dinner, the English workman must have his half-pound of butcher's meat, at a cost of sixpence, and having only the same amount of nourishment in it as the penny-worth of beans possesses.

In purchasing a hundred pounds of butcher's meat, we have sixty-three pounds of water (see Liebig's tables), which costs, with meat at a shilling a pound, £3 3s., and in buying a hundred pounds of haricot beans, we get only eighteen pounds of water (see Liebig's tables), which costs, with beans at threepence a pound, 4s. 6d., instead of £3 3s.

A Frenchman in eating daily one pound weight of haricot beans, will, in the year, have obtained as much as three hundred pounds weight of solid matter from them, for which the cost will be only £4 10s. While the Englishman, in eating the very same weight of butcher's meat daily in the year, will have had only one hundred and forty-five pounds weight of solid matter, for which the cost will be £18 5s. But the Englishman, eating beef, to get only the same amount of solid matter obtained by the Frenchman in eating beans at a cost of £4 10s., must actually pay about £40. In other words, £35 is worse than thrown away by eating meat instead of beans, to say nothing of loss by bones and waste, all flesh being nearly three-parts water. What is the consequence of the Englishman's egregious folly? He saves nothing. On the contrary, the Frenchman is a buyer of coupons or an investor in government securities. One puts his money out to interest, and the other throws his away down his throat.

But every excuse is to be made. The Earl of Shaftesbury and other good, but, in the food question, ignorant men, are always parading what they ought to hide, namely, that they have been able to distribute so many hot 'meat' dinners to poverty, forgetting where they are able to give one 'meat' dinner, they could, at the same cost, give five or six others fully equal in nourishment to meat. For it must ever be remembered that the flesh of animals, and the flesh of man also, is nearly three parts water. Publications are everywhere put before us by benevolence, inviting thrift or poverty to place money in the savings-bank, and with most extraordinary inconsistency, advising poverty to purchase butcher's meat. Because

benevolence and wealth swallow animal flesh, is that any valid reason why poverty should be advised to do the same?

Some ninety millions is annually thrown away in butcher's meat, when the same amount of nourishment can readily be obtained for one fifth that sum. The teachers of thrift must first take the beam from their own eyes, and then they will see more clearly to take the mote from the eye of labour. The same monstrous folly and extravagance is preached as regards bread. 'Good wholesome wheaten bread' is, we are ever informed, the 'staff of life'; never was there a grosser delusion and falsehood palmed upon credulity than this, that is, if white bread is alluded to. If this inferior food is worth eightpence the loaf, the brown, as regards its superior nourishment, is actually worth a shilling, although its real cost is less to make than the white. We give cattle the bran, that is, the very best part of the grain, and the inferior portion we eat ourselves.

We have had lately a Domestic Economy Congress at Manchester, where, with one single exception, none advocated economy in food; when this one single exception, a clergyman, remarked that he, a pretty good specimen, lived upon sixpence a day, his audience, in their ignorance, laughed at him, forgetting that many millions live well on one-fifth that sum. Schools of cookery are all very well, but schools where wisdom as regards food is taught would be far better. Below is the cost of an average week's breakfasts and dinners, as consumed by the writer. In all cases the solid or dry weight of the food is put down, and not the water, with which most food is mixed. For instance, milk—ninety per cent. is deducted for water.

MONDAY.—Breakfast: wheat porridge and fruit, two and a half ounces weight, $\frac{3}{4}$ d. Dinner: oatmeal porridge and fruit, five ounces, 1d. Total, seven ounces and a half, cost $1\frac{3}{4}$ d.

TUESDAY.—Breakfast: oatmeal and fruit, four ounces, 1d. Dinner: wheat porridge and fruit, four ounces, $1\frac{1}{2}$ d. Total weight, eight ounces, cost $2\frac{1}{2}$ d.

WEDNESDAY.—Breakfast: oatmeal and fruit, five ounces, 1d. Dinner: brown bread and apple, five ounces, 3d. Total, ten ounces, 4d.

THURSDAY.—Breakfast: oatmeal and fruit, $\frac{3}{4}$ d. Dinner: brown bread, bean soup, and fruit, four and a half ounces, $1\frac{1}{4}$ d. Total, eight and a half ounces, cost 2d.

FRIDAY.—Breakfast: wheat porridge, milk and grape syrup, cost $1\frac{1}{2}$ d. Dinner: baked potato, butter, cheese, and fruit pudding, four ounces, $1\frac{3}{4}$ d. Total, seven and a half ounces, cost $3\frac{1}{4}$ d.

SATURDAY.—Breakfast: wheat porridge and maize mixed, with milk, fruit syrup, costing nearly $\frac{3}{4}$ d. Dinner: fruit pudding, bread and cheese, four ounces, cost 2d. Total, seven and a half ounces, cost $2\frac{3}{4}$ d.

SUNDAY.—Breakfast: polento, stewed raisins and milk, four and a half ounces, cost $1\frac{1}{2}$ d. Dinner: potatoes, salad and pudding, three ounces, $1\frac{3}{4}$ d. Total for the day, seven and a half ounces, $3\frac{1}{4}$ d.

The week cost 1s. 7d.; add tea, would bring it up to 2s. 6d.

M. NUNN.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

FURTHER NOTES ON POULTRY KEEPING.

BY LEWIS J. COLE.

IN reply to questions as to how fowls should be fed, I beg to say I should advise that for fowls closely confined during the winter, say, $\frac{3}{4}$ of an ounce of grain be given in the morning, the same at night, and at mid-day 1 oz. of horseflesh, mixed with 2 oz. of boiled potatoes, given hot. During the summer the quantities may be slightly reduced, or, better still, reduce the mid-day feed, and increase the grain to 1 oz. or $1\frac{1}{4}$ oz. If they have a good grass run and the luxury of a dung heap, the quantities may be less—say $\frac{1}{2}$ oz. grain morning and night, and the mid-day meal as before. This will be within the 1d. a week, with grain at about 16s. per sack (16 stones), and horseflesh at 1s. per stone, and less if in quantity. The grain should be varied as much as possible—a mixture of wheat, barley, oats, buckwheat, maize, peas, and rice will be found perhaps the best. A considerable saving may be effected by boiling the grain—wheat and barley—where any number of fowls are kept, as proved by M. Réaumer's experiments; but for ordinary purposes it can be given in its natural state, as the saving is insignificant on a few fowls. I may here say that fowls absolutely confined must have gravel, mortar, and grass supplied, as well as plenty of clean water, and a dusting-box well supplied with ashes. As to the breeds for hen farming, I should recommend, for laying powers, combining size with number of eggs, a cross between the Houdan cock and Hamburg silver-spangled hen. These are also very good table birds, and rarely ever evince any desire to sit. For sale chicken the *Crève-cœur* are very fast flesh producers, but are delicate to rear. There should in a large establishment be kept a number of Cochins, as they are only too ready to sit, and at the same time are good winter layers. Brahmas are very strong in constitution, and, for this northern climate, perhaps the best hens to keep would be either Brahmas pure, or a cross between Brahmas and Houdans, to increase laying powers. I believe that eventually non-sitting hens will be more in request, when the incubator has arrived at greater perfection. Even now many breeders prefer them to a 'fussy sitting hen,' as being more reliable and giving less trouble. With regard to capons, I would remark that these birds are now somewhat rare in England, but the art is still practised in the East and in France. The operation used to be a very common one in England, as it nearly doubles the size and improves the flavour of the bird. It certainly is possible to get capons already trained, by importing them, but the training is so simple—requiring only time and attention—that it would be a waste of money to import them. I may be allowed space to describe the training process. Place the capon under a box or basket, giving plenty of air, but little light. Let him be fed twice a day, allowing a little liberty at such times. In the course of three or four days, a couple of month-old chicks should be fed along with him, and on his being replaced under the basket the chicks will try to nestle under his feathers. He will probably ill-use them, in which case they must be removed. Repeat the experiment next day, and until he shows a fondness for their company, which he eventually will do. He may then be allowed a little liberty, and more chicks may be given him. He will now be in a fair way to improve; and although he may hurt them by

walking over them at first, he will soon get to be as careful as the best of hens, and, what is better, will take care of as many broods as you care to give him so long as he may live. Just one word in reply to a portion of 'Houdan.' We agree on one important point, namely, that fowls will pay, but he disputes the fact that hens can be made to lay 200 eggs per annum. I must refer him to the fact that in the farming establishment near Paris they make them lay 300 a year on an average. By my plan I do not allow hens to brood their own chicks, which gives 56 more days for laying on each sitting. Nor do I allow them to have an adult moult, as they should be disposed of by that time. By adding the two 56 days to the 175 days he allows, we get 287 days for laying, out of which I allow, say, 60 for off-days, and on the year, say 140, which is more than ample. However, I am not disposed to find fault with 'Houdan,' seeing that he makes a profit of 200 per cent., whereas I show only a moderate profit of 100 per cent. on the outlay.—*Newcastle Chronicle*.

A WORD FOR HYDROPATHY.

BY REV. F. WAGSTAFF, EDITOR OF THE '*Lay Preacher*.'

I HAVE long been a believer in cold water. Whether by way of outward application or internally, I have long been convinced of its healing virtue. Hence, when I quite broke down through over-work at the beginning of the year, I readily availed myself of an opportunity to resort to Malvern, for a few weeks of the 'water-cure.' For several reasons, economy among the rest, I avoided the larger and more costly institutions, and betook myself to Mr. Langley's Hydropathic Establishment, at Leicester House, in whose visitors' book may be seen the name of many a temperance reformer, for Mr. Langley is known far and wide as an old and earnest advocate of total abstinence. Malvern is particularly adapted for the practice of hydropathy. The town stands upon the slope of a magnificent range of hills, extended in a north and southerly direction, and, being some 500 feet above sea-level, is the home of the fresh upland breezes. From the hills flows the purest water in England. Nor is its purity its only recommendation, since repeated analyses show the presence of such mineral matters as cannot but exercise a very beneficial influence upon the health of the drinker. One might cite numerous quaint and pithy sentences from old chronicles, all testifying to the ancient celebrity of the Malvern waters. The scenery for miles around is beautiful; and though it cannot compare in grandeur and majesty with Alpine regions, yet there is a placid loveliness about the green undulating mountains of which the eye never wearies. From the summit of the 'Worcestershire Beacon,' the highest of the range, and which rises from 1400 to 1500 feet, it is possible, on a clear day, to obtain a view scarcely to be equalled, and certainly not to be surpassed, in any other part of England.

Multitudes to whom the term 'water-cure' is familiar have never heard of Vincent Priessnitz, the founder of hydropathy. It is true that long before the birth of this Grafenberg peasant, there were those who had resorted freely to water for healing purposes; but it was reserved to this simple-hearted man, born and bred among Alpine scenery, to show the world how to

appreciate and apply the medical value of water. From what I have myself experienced of the benefits of the 'treatment,' as it is termed, and from what I have read of Priessnitz's methods of practice, I should judge that these latter were successful almost invariably in proportion to their simplicity. Some people have an idea that hydropathy involves many complicated operations, and certainly some of the larger and much-vaunted 'establishments' are conducted in a manner that might well frighten most quiet homely folks. Now, I had been three or four times to Leicester House before my last visit, and I had been struck with the fact that none of the processes to which Mr. Langley's patients were subjected, were such *as could not be readily continued at one's own home*. Indeed, I have, since my return, constantly enjoyed my morning 'pack' and my cold 'sitz' before dinner, and attribute the way in which I have been able to return to a partial work after weakness that brought me to the very verge of the grave to the invigorating effect of these daily baths.

Let me add one word more. It is a current prejudice, but one entirely groundless, that weak persons and delicate constitutions are unable to undergo the processes of hydropathy without injury. On the contrary, Mr. Langley has given me the details of many such cases, in which, by judicious treatment and careful avoidance of sudden and violent shocks, the greatest possible advantage has resulted from a visit to Malvern. I can only express my surprise that more attention is not paid to this subject by sanitary reformers.

REPORTERS' ERRORS.—A short time ago the *Bath Evening Chronicle* gave the following amusing extract from a report of a speech: 'In seconding the resolution of thanks to Mr. Butler for his lecture to the Young Men's Liberal Association, on Thursday evening, Mr. R. P. Edwards drew a contrast between peaceful and warlike methods of civilisation, and expressed the opinion that great, good Mary Carpenter would do more good in a day than could be done by all the soldiers we had in India for generations.' This is how it appeared in a Liberal contemporary: 'Mr. R. P. Edwards seconded the resolution. He remarked that if a *shipload of carpenters* were sent to India they would be able to do more good in one day than could be done by 10,000,000 soldiers for generations.'

A SISTER of Elihu Burritt, wife of Professor Sawyer, of Chicago, relates the following anecdote of her brother: 'Some years ago a will was sent to this country from the West Indies written in Danish. The manuscript was one of the most difficult to decipher that could well be imagined, and it went the rounds of several of the leading colleges without meeting with anybody who could interpret it. Finally it was referred to Mr. Burritt. He was then working at the forge, but, with his usual determination, he made up his mind that he would master it. He was acquainted with the Danish tongue, but that was only half the task. The badly-written manuscript must be deciphered. He worked at it two weeks in his spare time, and succeeded. When he sent the will back, translated with absolute correctness, he said he would only charge what he would have earned at the forge.'

POPULAR SANITARY ERRORS.—It is a popular sanitary error, says a contemporary, to think that the more a man eats the fatter and stronger he will become; to believe that the more hours children study the faster they learn; to conclude that, if exercise is good, the more violent the more good is done; to imagine that every hour taken from sleep is an hour gained; to act on the presumption that the smallest room in the house is large enough to sleep in; to imagine that whatever remedy causes one to feel immediately better is good for the system, without regard to the ulterior effects; to eat without an appetite, or to continue after it has been satisfied, merely to gratify the taste; to eat a hearty supper at the expense of a whole night of disturbed sleep and weary waking in the morning.

THE CHILDREN'S CORNER.



'I tried to comfort myself with Trissy—that's my biggest doll.'

ALL A PACK OF NONSENSE;

OR

FINNY, TWITTER, AND JENNY.

A STORY FOR CHILDREN.

BY T. H. EVANS.

It is among children, and as children only, that you will find medicine for your healing, and true wisdom for your teaching.—*Ruskin.*

I AM only a little girl, and a very little girl too, but there is something that I want every little boy and girl to know, so I am going to write a book.

And I mean to do it all myself, for I know how to write and spell, although there is one thing that I generally forget, and that is to dot my T's and cross my I's, which teacher says is very careless. But I'm more careful than I used to be, and I mean to be more so still, as I'm going to write a tale, because now you see I shall be a taleoress. No; I think I mean an authoress. Yes; that's it!

And now let me begin my story, which is all about my dear old Aunt Bertha, and a certain glass of wine which she said I *must* drink, because it would do me good. Now I must tell you that my father and mother won't touch a drop. Mother calls it 'horrid stuff,' and father says it is 'poison!' I don't know what that word means, exactly, but I guess it's something very dreadful, so, of course, I said:

'No, auntie, dear, I would rather not, for father and mother never have any, so please do not ask *me* to drink it.'

'All a pack of nonsense, child. Why, when I was your age, I used to have a little decanter full, all to myself, and I played at "having company" with my dolls.'

This is what Aunt Bertha said, you know. You understand it, don't you?

Yes; well, the next thing that Aunt Bertha did was to go to a cupboard in the corner and take out a funny-looking old box, and out she spread upon the table two dear little bottles and six tiny glasses. Oh! they were such little beauties. And now I'm coming to a very great secret, which I hope the

little boys and girls who read this will never tell any one, because it is something so naughty. And whatever do you think it was? Why, when I saw those sweet little glasses, I said to myself—*inside*, you know, not out loud—oh dear, I do so wish father drank wine, that I might have some glasses like those. There! wasn't that a wicked wish? I don't know if Aunt Bertha knew what I was thinking about. I think she did, for she has such strange sharp-looking eyes, and wears great round spectacles, and when she looks at me I always feel sure that she can see right through me into the place where I'm thinking. She always seems to know everything before I say it. I often feel a bit frightened of Aunt Bertha, and it's all through those dreadful spectacles, for they do stare at me so.

Oh, dear me, wherever have I got to? Oh, I know. I was telling you how badly I wanted those pretty glasses. Well, that sly little wish had hardly done whispering in my ear when Aunt Bertha said:

'Minnie'—I haven't told you my name before, have I?—'Minnie, I am going to give these little glasses to you, and the bottles too, filled with wine, for I know it will please you to have them,' and she gave me *such* a look; those dreadful spectacles seemed to say, 'We can see all your thoughts, Minnie.'

'I wonder if father will let me play with them?' was the next thing that came into my head.

Aunt Bertha was filling the bottles with wine, all ready to pack up, when I ventured to say:

'Oh! thank you, auntie dear, but perhaps father would not like me to take them.'

'All a pack of nonsense, child!' said Aunt Bertha, and she gave the cork such a violent twist as she put it in the bottle, it squeaked right out with the pain.

Well, they were all packed up in the little box, and I was packed off home, for I was only staying with Aunt Bertha on a visit. I didn't tell you that before, did I?

When I got home, the first thing I did was to run to mother's room to show her my lovely present; but she had been so ill, nurse said I must not disturb her, for she was just going to sleep, so I had better go to bed, and in the morning, if I was a good girl, I might see her. Father hadn't come home from London, where he has got such a beautiful shop; and I had no one to talk to, so I went to bed, but I laid awake a long time, thinking of what Aunt Bertha said about wine 'doing me good.'

I couldn't forget that word 'good.' It stared at me through the darkness with those great round spectacles in the middle for the two O's, and I went to sleep dreaming of it.

When I woke the next morning, something seemed to whisper, 'Minnie, if wine really *is* good, you can soon *prove* it. If it can do *you* good, it will benefit others too.' I got up at once and dressed myself, full of the intention to prove if wine really was good or not.

On the table by the window I had a beautiful gold-fish in a globe. He was a bright happy little fellow, and enjoyed himself in the water, just as much as if he had never heard of such a thing as wine in all his life.

I must tell you, Finny was quite a pet—I haven't told you his name before, have I?

I called him by his name, and patted his little glass house. He rose to the top and wagged his tail, which was his way of saying, 'Come in!' Then I stroked the sides of the globe, to let him see how much I loved him, and said:

'Finny, dear, I'm going to give you something so nice.'

This bit of news pleased him so much, he gave his tail such a whisk, and gulped away with his great mouth, faster than ever. So I took the stopper out of the bottle and dropped in some of Aunt Bertha's wine, which made the water such a lovely colour, Finny's house looked like one of those coloured glass things I've often seen in doctors' shops.

And didn't Master Finny like it! He rushed round and round so wildly, as if he wanted to get out and run about all over the house, and tell everybody how happy he was. Oh, I was so glad to see it doing him so much good. I began to think that Aunt Bertha was right after all.

Well, after clapping my hands with joy at the success of my plan, I took Twitter down from the wall, put him on the table, and told him what fun Finny and I had been having together. Dear me, how forgetful I am! I do believe I've never told you who Twitter is.

Well, then, you must know that he was my pet canary, a birthday gift from my dear father. You don't know what a kind father I've got, but I do! Twitter was such a lovely golden colour. He looked as if he had never eaten anything but buttercups. But there was just one small white patch on his breast, as if he had swallowed a daisy by mistake. After I had told Twitter how happy I had made Finny, I put all the wine left in the first bottle into his water-glass. You can't think how pleased he was. He hopped down at once, and had a taste, and put his head on one side and looked so knowing. After that he had another taste; then he gave a chirp, as if to say, 'Oh my, isn't it nice.' He took a few sips more, then flew to his perch, and didn't he sing lovely, that's all!

Twitter was always a clever bird, but Aunt Bertha's wine seemed to make him more clever than ever. If there had been any words to the songs birds sing, I'm sure he could have spoken them as plainly as Mr. Sings Reeves himself.

But I've got one more little pet that I haven't told you about yet, and that is a fine large geranium, given to me by grandma, and what *do* you think I did with it? Why, I emptied the other tiny bottle of wine into the pot, to see if it would make Jenny as happy as my other two pets. (I haven't told you her name was Jenny before, have I?) But she never moved a leaf, nor took the least bit of notice whatever.

I don't care much for flowers. They're so quiet. If they could only be taught to say something, or chirp like Twitter, or even whisk their leaves about when I talk to them, as Finny does his tail, I should love them dearly. Now, when I give Twitter a knob of sugar, he says, 'Sweet.' But if I were to put a whole pound into Jenny's pot, I don't believe the poor dull thing would wink a single leaf. It's a dreadful thing to be born dumb, even for a flower. But I must get on with my story, for I expect you are anxious to know how my three little tipplers got on, and that's the worst part of the tale, for the end of it was as sad, as the beginning was pleasant, and when I told father about it, he said it was always like that with drink, pleasant and attractive at first, but bitter and sad in the end, for wine is NOT GOOD. (I have given those two words a seat

to sit on, out of respect to their importance, so please, Mr. Printer, make it large and plain, so that everybody can see it.) I have proved that it is not good, for it killed all my poor little pets, as I will now explain. Just as I had given that poor quiet thing, Jenny, some of that horrid wine, I turned round to have a chat with Finny, but I couldn't see him at first; I went closer and looked into the globe, and there he was floating at the top, quite dead. I looked round for Twitter, quite certain I should see him dead too. But he wasn't. He was standing on his perch, toppling about as if he could hardly hold on. First he nearly fell over forward, then he recovered himself a bit, and nearly tumbled backwards. And so he kept waddling about, first to one side then the other; all at once, over he went to the bottom of the cage. Oh, dear, I felt as if my heart would break! I tried to comfort myself with Trissy—that's my biggest doll. So I took her in my arms, and told her how I had lost my little pets, for poor Finny never moved again, and poor Twitter, he never spoke another chirp, and it was that dreadful wine that killed them. And the very next day poor Jenny died too.

Oh, dear! that was such a miserable day. I gave all my dolls something black to wear (I'm *so* glad I never gave *them* any wine), and got everything ready to bury my poor little pets. And that funny old box of Aunt Bertha's was the coffin; yes, and I put in the glasses and decanters too, for I could not bear the sight of them after what had happened. But let me tell you all about it; I put in the glasses and decanters first, making it all firm and smooth with bits of soft paper and wool; then I took Jenny out of the pot, tied her round with an old bit of black ribbon, and laid her gently in the box. Then I searched amongst my treasures for a bit of black to put Twitter and Finny in. I've got such a heap of lovely pieces of all sorts and colours in my work-box, for making dolls' clothes. I've never told you about my work-box before, have I? But I will, and now at once, while I think of it. Well, then, in the first place you must know there's a sweet pretty picture on the top. Father told me the name, but it's such a hard word I forget it. It's one of those places a long way off, and nearly all water; you know, where people get drowned going out in boats. But mind, I don't think it's a *true* picture, because there are dozens and dozens of people walking about by the water, and a long way off, right up in the corner, there's just one tiny mite of a house. Now, all those people couldn't live in one little house, could they? I don't like things that are not true.

But the inside of my work-box is the best; it's a splendid bright blue. And one part of it, that lifts out, is all dug into little square holes to put things in, and I've got them filled with pins and needles, hooks and eyes, and buttons, and reels of cotton, and oh! such a dear little dot of a pair of scissors, such beauties, but they won't cut a bit—I'm always obliged to borrow mother's great ugly things, when I want to snip anything. Yes, and I've got a darling little white thimble that fits my finger beautifully. It *is* a shame that little girls are obliged to grow bigger, for I want to work with that thimble all my life, and I am so afraid it won't fit me when I'm as old as mother. But I've got ever so many more things beside these. I can't spare time to name all that my box contains. I hope every little girl has got a work-box, for I don't think I could be happy without mine. Oh! it's got a nice lock and key too—I nearly forgot that. It is

such a dear little key, and so bright. I hope there is no little girl without a lock and key to her work-box, that is, if she has a brother George anything like mine (I haven't told you about George before, have I?), and I'll tell you why I hope so. One day I put the key in my pocket without locking the box, and when I went to it the next day, it was empty. The first thing I did was to sit down and have a good cry; then, as mother was out, I ran and told Jane (that's our servant, you know; I haven't told you about her before, have I?). She didn't know anything about it, but she helped me to look for the things. That tiresome brother of mine had hidden them away all over the house. I kept on finding something every day or more than a week. And where do you think I found my darling thimble, that I quite expected never to see any more? Why, Trissy was wearing it on her nose. I thought myself very lucky to get it again, after it had been in such a dangerous place as that, for if Trissy had happened to sneeze it off in the night, it would have tumbled on to the floor, and perhaps been swept up and lost for ever. But I must get back to Twitter and Finny, whom I left waiting to be buried. Well, I rolled them up separately in some old black silk, and laid them in the box with Jenny, one on each side; then I covered them all over with butter cups and daisies, and put on the lid. And this is what I wrote on a card to nail on the outside:

Here lies

JENNY, TWITTER, AND FINNY,

Who died through being killed

By

Aunt Bertha's Wine.

Then I put the box in George's wheelbarrow, made the dolls sit all round it, and off we started to that little corner at the bottom of the garden, by the summer-house, which is *my* garden.

I haven't told you I'd got a garden before, have I? But I have, you see, and it grows everything lovely. I've got a potatoe coming up, a row of cress and mustard, two beans, and a bit of rose tree, but I don't think that rose will grow. It looks so tired and bad, I'm sure it won't live. And I've lots of other things besides, but they've got such long hard names, I can't tell you what they are, and even our gardener can't remember them, for he writes it on a little bit of flat wood, and sticks it in the ground right in front of them. I suppose that is so that he shall know where they are, and who they are. Father has got his name on a beautiful brass plate on the gate in front of our house. It's much the same sort of thing, isn't it? But I haven't told you how I buried my pets, yet, have I? But I will, though, and then my story will be ended. I had to pull up such a lot of things before I began to dig. It was such hard work, and I got my shoes so wet and dirty, mother was quite vexed.

I dare say you wonder why I did not ask George to dig it, so I'll just tell you. He would have done nothing but make fun of it. He always laughs at me, and teases me, every chance he can get. When I told him what I had done with Aunt Bertha's wine, and how it had killed all my pretty pets, he never seemed a bit sorry, but actually said, 'What a great stupid you must have been!' Besides, he's so rough and noisy, and won't

listen to me nicely and quietly when I want to tell him anything. Oh, I *am* so glad I'm not a boy, they're not half so nice as girls. Well, after a deal of trouble, hurting my hands, and putting my foot twice by mistake right into the middle of my mustard and cress, I made a hole large enough to take the box. So I lifted it in, covered it up with the mould, and planted all my flowers again, putting a large white shell just over the place, to mark the spot.

So you see Aunt Bertha was wrong after all, and it is just *that* which I want every little boy and girl to know, for I expect there are a lot of children about who have Aunt Berthas, besides me.

As wine is not good for birds, flowers, or fish, I'm quite certain I never mean to have any of it, and I hope none of the boys and girls who read this will ever touch it, either.

If ever any one offers you a glass of wine, and says it will 'do you good,' just tell them it's 'ALL A PACK OF NONSENSE.'



CURRENT OPINIONS AND EVENTS.

IN an article upon 'Free Trade and Protection: the Industries of Birmingham,' contributed to the current number of *Tinsley*, Mr. Joseph Hatton thus forcibly refers to Mr. Gladstone's Wine Act of 1860:

'Mr. Gladstone, from the highest motives, no doubt—for all he does is of course eminently conscientious—made every confectioner's shop a drinking-shop, so that the women of the middle and of the upper classes could go out and tiddle as well as their poorer sisters. And they do it. Mr. Gladstone's famous free-trading measure has increased drunkenness among the women of England to an alarming extent; and the evil was in no wise neutralised by the very opposite principle of restriction applied to men-drinkers in the Licensing Act of Mr. Gladstone's Government.'

Lord Derby gave his hearty support to the coffee-palace movement yesterday week, when he opened a new palace at Broughton, near Manchester. He described the movement as being an attempt

'To give every man a fair option—to give him his choice of indulging in that kind of refreshment which they all agreed was better for his pocket, better for his stomach, and better for his brains. He had sometimes been asked whether this movement was business or philanthropy. He hoped it was business, because if it were looked at from any other point of view it would soon come to grief. He believed the taverns would be, and ought to be, self-supporting. In point of fact, in many places they had become already at the outset highly remunerative; but they also believed that the pioneers of such a movement must be prepared to run a little risk. One of the advantages of the movement was that if it failed, nothing worse would happen than that a little money would be lost. If it succeeded—and he believed it would—it would have brought about gradually and unostentatiously what might end in being a very great and real social reform.'

On the same day Dr. B. W. Richardson, the new president of the British Medical Temperance Association, in the course of his inaugural address, said:

'In politics one vote gained was said to be equal to two, because of the opponent's loss. In the part played by medicine for temperance, the adhesion of each medical representative

was more than a gain of two, because if the support of one physician or surgeon in the cause of temperance were for good, the indifference that was centralised was hardly to be estimated for good. The Medical Temperance Society wished to bring home the truths respecting the evils of alcohol, and so to enlist all the fraternity of medicine earnestly in the same work of suppression as that in which it, with other kindred societies in other divisions of the community, was engaged.'

But the *Daily Telegraph* of Tuesday last is wroth with the Dr. and those associated with him. The *D. T.* is of opinion that the question is one of climate, and that the weight of evidence preponderates in favour of a 'moderate use' of spirituous liquors. But if it is wrong there, and the abstinence party should, by accident or otherwise, have the best of the argument, the *D. T.* inclines to think that even this

'Will not avail anything unless, in place of the drinks which are declared to be hurtful, some equally agreeable and satisfactory beverages can be discovered and brought within the reach of all to whom the ministrations of the Medical Temperance Association are addressed.'

Clearly, what the *D. T.* wants is a beverage which will give the pleasure of alcohol without the penalty attaching to it.

The serious depression from which agriculturists are suffering is being generally mitigated, in a measure, by the landowners remitting part of the rent. Major Cartwright, M.P. for Oxfordshire, has returned 20 per cent. to his tenants; while the new Earl of Westmeath has remitted one half-year's rent to his tenants on his extensive estates in counties Galway and Roscommon. One man, who owed £274, and who had been evicted, has been reinstated in possession and the arrears wiped off. Another tenant, who has been sick for two years, and paid no rent, has also had the arrears cancelled.

Yet the farmers are of opinion that something more radical is required to meet the exigencies of the case. A FARMERS' ALLIANCE has been formed, and in a circular just issued it is stated that:

'The serious position in which landlords and tenants find themselves placed urgently demands that every legitimate effort be made to encourage the development of the resources of the soil, and the preliminary step in this direction must be to free the business of farming from the trammels of unjust laws, and the cultivation of the soil from the unwise and in many cases absurd restrictions which obstruct its improvement. The hopes of agricultural reform have hitherto proved delusive, and the reason plainly is because the interests of those engaged in agriculture are not adequately represented in Parliament. The first thing towards the redress of those agricultural grievances which have to be dealt with by Parliament is manifestly the election of men who really represent the interests of agriculture. To accomplish this, farmers have only to assert their political independence and elect candidates who really represent their views and thoroughly possess their confidence. The Farmers' Alliance is organised to help towards the return of such representatives as the proper constitutional means for the redress of the grievances complained of, and to promote the other objects stated in the provisional programme, by the united action of all who are in favour of agricultural reform.'

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

THE OFFICE OF THE LUNGS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

In an otherwise excellent article by R. Shipman on the above (No. 19), it is stated: 'We find persons who live in crowded dwellings, where fresh air can scarcely penetrate, generally very stupid, and I believe the want of fresh air to be a cause.' Now surely this is attempting to prove too much. Such unfortunates owe their presumed stupidity, in common with the dwellers in many mansions, to causes much more palpable than the want of fresh air. Many of our police-courts, in which judges and jurymen are for long hours confined, contain an ample supply of impure carbonic acid gas, which, according to this theory, would account for the extraordinary decisions arrived at occasionally by these worthies; but how are we to account for similar results in the proceedings of our senators, too often, in that temple of hygiene, St. Stephen's, where ventilation is carried out to perfection, as the country knows to its cost?

It is also a question whether reptiles are so stupid as R. S. makes out, and we always understood the faculty of intelligence to reside in the brain, or dependent thereon (which in reptiles is flat enough), and not in the lungs. To see such a reptile in tropical countries, laying in wait like a lifeless log in the shallow water of the swamp, may appear stupid enough, but the animal possesses quite sufficient intelligence to keep a biped with plenty of brain-matter at a respectful distance. Toads are useful reptiles in gardens, and have been tamed, and the little green lizards of Southern America are lively enough as they dart in and out of the wooden crevices. Frogs and toads have been sadly abused, and are innocent of any venom, to the best of our knowledge. Is it not a certain snake of the reptile order, which, with jaw agape and glistening eye, so arrests, by mesmeric or other force, the passing bird, as to secure it as an easy prey? We fail to see stupidity in the natural products of nature, however much it may exist, owing to deficient cultivation and bad training in that originally most helpless of beings—man.

I am, sir,

Yours faithfully,

VENTILATOR.

TENDERS FOR PUBLIC WORKS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

May I claim a small space in your valuable and independent journal, and ask your aid, in conjunction with all other honourable editors, to expose before the world a practice now too frequently resorted to at public boards—a practice which, if much longer carried on, will be rather an expensive 'bit of business' to the already over-taxed ratepayers or under-paid shareholders—that of accepting tenders for public works and repairs of public institutions at about the highest figure presented, because the proposer may have a brother or some cousins on the board, or because he may be well known to the 'guardians of the public purse,' or to the manager or one or more of the directors as a good fellow, able to stand a few bottles the night before the board meeting, or some such reasons, while, on the contrary, all public boards should only accept the lowest tenders when the party proposing is in every respect suitable—independent, respectable, and holding the best certificates of his ability as a contractor. What is the meaning of putting up to public competition any contract unless the lowest tender be accepted, where the proposer is eligible? Such a course is nothing short of a farce, a hoax, and a delusion to the ratepayers or shareholders, and no language could be found severe enough to condemn such a course of conduct on the part of the guardians or trustees of public funds.

OPEN COMPETITION,

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

Every personal consideration that we allow costs us heavenly state. We sell the thrones of angels for a short and turbulent pleasure.—*Emerson.*

He that loses wealth, loses much; he that loseth friends, loseth more; but he that loseth his spirits, loseth all.—*Spanish Proverb.*

Never hold anyone by the button, or the hand, in order to be heard out, for if people are unwilling to hear you, you had better hold your tongue than them.—*Chesterfield.*

Seek not proud wealth, but such as thou mayest get justly, use soberly, distribute cheerfully, and leave contentedly.—*Lord Bacon.*

Work every hour, paid or unpaid: see only that thou work, and thou canst not escape thy reward. Whether thy work be coarse or fine, planting corn, or writing epics, so only it be honest work, done to thy own approbation, it shall earn a reward to the senses as well as to the thought. No matter how often defeated, you are born to victory. The reward of a thing well done is to have it done.—*Emerson.*

No thoroughly occupied man was ever yet very miserable.—*Louison.*

It is with narrow-souled people as with narrow-necked bottles; the less they have in them the more noise they make in pouring it out.—*Pope.*

Old friends are best. King James used to call for his old shoes; they were easiest for his feet.—*Seldon.*

God takes men's hearty desires and will, instead of deed, where they have not power to fulfil it; but he never took the bare deed instead of the will.—*Baxter.*

An indiscreet man is more hurtful than an ill-natured one; for the latter will only attack his enemies, and those he wishes ill to; the other injures indifferently both friends and foes.—*Addison.*

The same care and toil that raises a dish of peas at Christmas would give bread to a whole family during six months.—*Hume.*

The Jews ruin themselves at their passovers; the Moors at their marriages; and the Christians in their law-suits.—*Spanish Proverb.*

Defect in manners is usually the defect of fine perceptions. Elegance comes of no breeding, but of birth.—*Emerson.*

The worthiest people are the most injured by slander, as we usually find that to be the best fruit which the birds have been pecking at.—*Swift.*

'Fetch me some cheese and eggs,' said an Athenian once to a little boy; the boy did as he was desired. 'Now, my boy,' said the stranger, 'tell me which of these cheeses were made of the milk of white goats, and which of the milk of black goats!' 'Thou art older than I, and more experienced,' replied the shrewd little Hebrew. 'Tell me first which of these eggs came from white, and which from black hens.'—*Hebrew Tales.*

There is many a loss over which we all know for certain that we shall no longer grieve in twenty—ten—two years. Why do we not at once, then, to-day, throw away an opinion which we shall abandon in twenty years? Why should I be able to abandon errors of twenty years' standing, and not of twenty hours?—*Richter.*

I asked Fox if he remembered the miser Elwes in the House of Commons. 'Perfectly; and that question reminds me of a curious incident which one day befel that strange being. In my younger days we often went to the House in full dress, on nights, for example, when we were any of us going to the opera. Bankes, on an occasion of this kind, was seated next Elwes, who was leaning his head forward just at the moment when Bankes rose hastily to leave his seat, and the hilt of his sword happening to come in contact with the miser's wig, which he had probably picked off some scarecrow, it was unconsciously borne away by Bankes, who walked in his stately way down the House, followed by Elwes, full of anxiety to regain his treasure. The House was in a roar of merriment, and for a moment Bankes looked about him, wondering exceedingly what had happened. The explanation was truly amusing, when he became conscious of the sword-hilt which he had acquired.'—*Wilberforce's Journal.*

What is most difficult? To know thyself.—*Thales.*

THE HOUSEWIFE'S CORNER.

FOOD IN SEASON.

The following are in season in June:

MEAT.—Beef, veal, mutton, lamb, pork.

POULTRY AND GAME.—Chickens, rabbits, pigeons, rooks, ducklings, turkey, poult.

VEGETABLES.—Artichokes, asparagus, cabbage, beans, cauliflowers, spinach, peas, turnips, radishes, new potatoes, lettuce, salads, cucumber, onions, vegetable marrow.

FISH.—Turbot, salmon, sturgeon, haddock, herrings, soles, flounders, eels, mackerel, pike, skate, trout, whiting, lobsters, crabs, shrimps.

CORN [MAIZE] BREAD.

Here are two recipes for making corn bread, extracted from the Boston U.S. Journal of Chemistry:

Two tablespoonfuls Indian meal, two tablespoonfuls molasses, one tablespoonful saleratus, one and a half teacups buttermilk, the whole to be thickened with rye flour till of the consistency of thick paste, and then bake about half an hour.

Take two quarts corn-meal, with about a pint of thin bread sponge, and water enough to wet it. Mix half a pint of wheat-flour and a tablespoonful of salt. Let it rise, and then knead well a second time. Bake one and a half hours. This loaf was of good form, cut light, and was of fair quality when three or four days old.

A loaf made from the second recipe was awarded a premium at a large show of specimens of bread-making in New York, and it is said to be pre-eminent 'for cheapness and quality.'

VEGETABLE PIE.

Last week we gave a recipe for making this dish. Here is another method:

Take carrots, turnips, onions, celery, and a couple of ounces of butter. Cut the vegetables in pieces, and put them into a pan containing very little water. Season with salt and pepper, and then stew over the fire. When nearly tender, pour them into your pie-dish, and then, when they have cooled, put on your paste cover, and bake.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d..
Yearly	6s. 6d.	12s.	17s. od.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* * * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

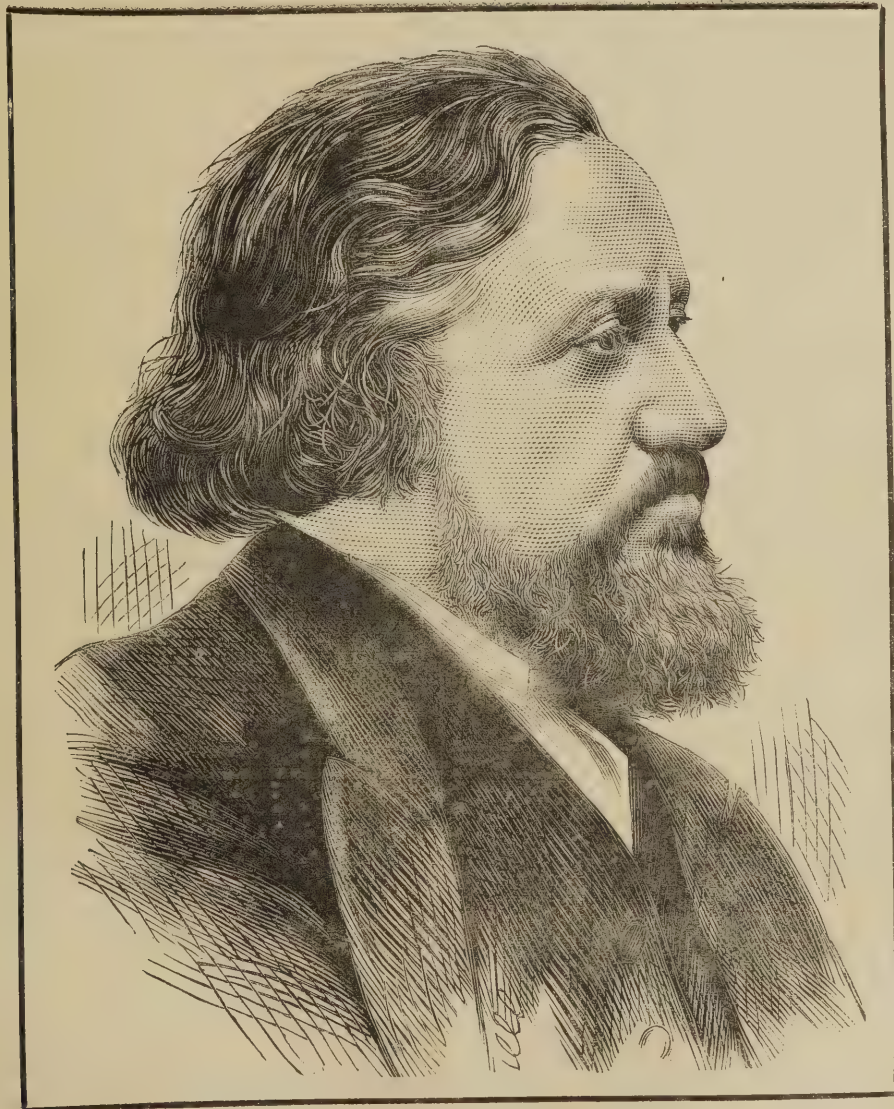
"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 21, Vol. I.]

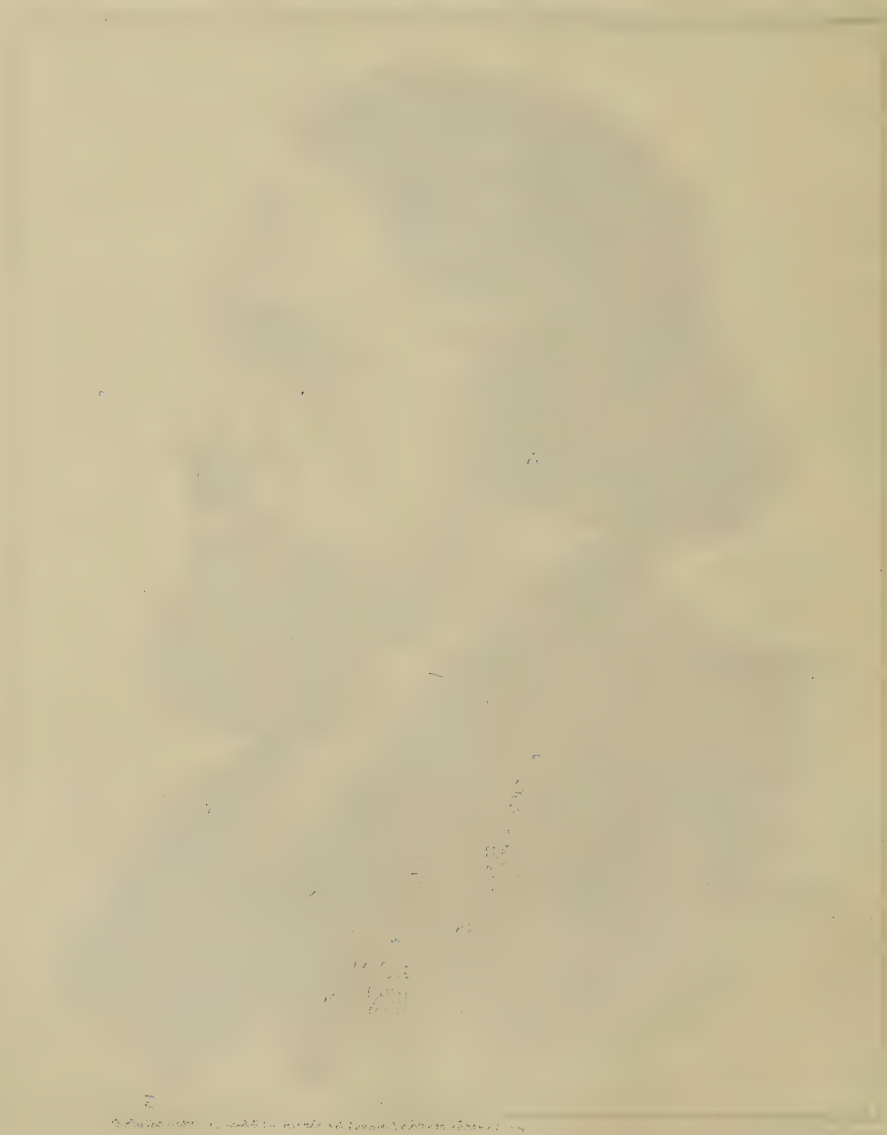
SATURDAY, JUNE 14TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



DR. B. W. RICHARDSON, F.R.S.

WATSON'S BUILDING SOCIETY: DIETETIC: OVER ...
 BUILDING SOCIETY: DIETETIC: OVER ...
 BUILDING SOCIETY: DIETETIC: OVER ...



The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: JUNE 14th, 1879.

CONTENTS.

	PAGE
DR. B. W. RICHARDSON, F.R.S. - - - - -	247
PHRENOLOGICAL SKETCH OF DR. B. W. RICHARDSON, BY STACK- POOL E. O'DELL - - - - -	248
METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES - - - - -	248
HOUSE CONSTRUCTION ON SANITARY PRINCIPLES - - - - -	249
OVER-EATING, BY PYTHAGORAS - - - - -	250
FOOD AND FEEDING, BY SIR HENRY THOMPSON - - - - -	251
THE FURNISHING OF TOWN HOUSES - - - - -	253
CURRENT OPINIONS AND EVENTS - - - - -	254
THE BOOK TABLE - - - - -	254
CORRESPONDENCE - - - - -	255
GEMS OF THOUGHT - - - - -	256
THE HOUSEWIFE'S CORNER - - - - -	256

DR. B. W. RICHARDSON, F.R.S.

DR. RICHARDSON, whose portrait will be valued by our readers, was born on the 31st of October, 1828, at Somerby, Leicestershire. He was educated at Burrow on the Hill, Leicestershire, and at St. Andrews University, Glasgow.

In 1854 he graduated in medicine at St. Andrew's, and in 1859 he received the honorary degree of M.A. from the same university. By an essay on the diseases of the child before birth he gained the Fothergilian Gold Medal in 1854; and for an essay on the coagulation of the blood he gained the Astley Cooper prize of £300 in 1856, in which year he became a member of the Royal College of Physicians, and he was elected a fellow of the College in 1861. He was elected a fellow of the Royal Society in 1867; Croonian Lecturer in 1873; honorary member of the Philosophical Society of America in 1863; of the Imperial Leopold Carolina Academy of Sciences in 1867; and of the Physiological and Statistical Academy of Milan in 1870.

In 1865 he conducted an experimental research on the poisons of the spreading or contagious diseases, which resulted in the discovery of a specific poisonous product, to which he gave the name of *septime*, and which is common to these poisons. In 1866 he discovered the application of the ether spray for the local abolition of pain in surgical operations. Methylene bi-chloride was introduced by him as a general anæsthetic; and he discovered the controlling influence of nitrate of amyl over tetanus and other spasmodic affections.

But Dr. Richardson is not only a philosopher, conducting the most delicate scientific biological experiments; he is the best known and most popular living writer on medical, sanitary and scientific topics.

The value of his services in popularising the facts and results

of sanitary science cannot be over-estimated. In an article on 'Health and Legislation,' contributed to *Good Words* (Dec., 1876), the concluding one of a series on 'National Health,' Dr. Richardson gives an account of the difficulties he experienced in establishing a sanitary journal. He says:

'Just a quarter of a century ago, as one of a very small body indeed of sanitary scholars, I was struggling to establish the first *Journal of Public Health* in this country. The effort was abortive. No publisher would touch the work, and so few subscribers would assist, or promise assistance, I shrank from the project for a time in despair, to be dismayed still more on seeing a similar attempt by an esteemed colleague and friend, the late Hector Gavin, come to grief. At last, after three years of preliminary labour, I ventured, in 1854, to bring out the first number of the *Journal of Public Health and Sanitary Review*. Backed in the enterprise by the council of the Epidemiological Society of London, who gave me their valuable transactions for publication, and purchased a certain number of copies of the *Journal*, I commenced with some advantages, and I think the *Journal* was fairly conceived. The motto I invented for it—"National health is national wealth," a motto which has since passed into a proverb, and been ascribed to Benjamin Franklin and other authors, but which was quite original—has been of some service. The *Journal* was kindly and ably sustained by its contributors, and as the name of nearly every then known sanitary reformer in England was enrolled on the list of contributors, it may be some time of use, historically, for the record that has yet to be written of the early progress of sanitary science in this country.'

Dr. Richardson's contributions to medical literature have taken an extensive range, but they have mainly been directed to the advancement of medical practice by the experimental method. He has exhaustively discussed, among other subjects, the study of disease by synthesis; the restoration of life after various forms of apparent death; the investigation of the theory of a nervous atmosphere of ether; the effects of electricity on animal life; methods of killing animals intended for food, and new medicines, and new modes of treating disease.

The result of a series of researches on alcohol and its action on animal life were given in the now famous course of Cantor Lectures, delivered before the Society of Arts (1874-5); and in the following works subsequently published: 'The Action of Alcohol on the Mind' (1877); 'Results of Researches on Alcohol' (1877); 'Total Abstinence, A Course of Addresses' (1875); 'The Temperance Lesson Book' (1877), and 'Dialogues on Drink' (1878).

At the Social Science Congress held in Brighton, Oct., 1875, his presidential address, delivered before the Health Department, excited great interest, and on its publication it gave rise to much discussion. He gave a sketch of an ideal 'Model City of Health,' very happily named by him *Hygiea*; and in a cheap form this gem of sanitary literature has had a wide circulation.

One of his most useful and popular books, 'The Diseases of Modern Life,' was published in 1876, and it rapidly went through several editions.

Dr. Richardson has once been president of the Medical Society of London, and four times president of St. Andrews

Medical Graduates Association. He succeeded Lord Jervis-woode as assessor for the General Council in the University Court of St. Andrews. He is honorary physician to the Royal Literary Fund, the Newspaper Press Fund, and to the National Society of Schoolmasters.

In 1868, 'in recognition of his various contributions to science and medicine,' six hundred of his medical brethren and scientific friends united in presenting to him, as a testimonial, a microscope by Ross and one thousand guineas.

The honorary degree of LL.D. was conferred on him by the University of St. Andrews Feb. 15th, 1877.

It is a satisfaction to know that Dr. Richardson is still as busily employed as ever. It is his delight to pursue his scientific researches, while he is ever active in promoting or assisting the various progressive movements, social and physical, which are at once the characteristic and the hope of the age.

PHRENOLOGICAL SKETCH OF DOCTOR B. W. RICHARDSON.

BY STACKPOOL E. O'DELL.*

SCIENCE (represented by the clearest and most daring thinkers) must always lead in the race of progress.

The country, the people, will be great who will follow in this lead.

Phrenology recognises in the scientific mind power beyond, superlatively beyond, all other earthly power.

We take this head as a specimen of scientific ability.

This head, amongst scientific heads, is what Shakespeare's or Milton's is amongst the poetic and literary.

This head denotes scientific research, discovery and application.

Here is denoted ability for minute investigation ; for tracing, through the most difficult channels, effect to cause.

Here the eye can see ; here the mind can think ; and thinking, has much capability in arranging the thoughts, so as to become definite plans—plans showing much power of design, construction and originality.

Here is a mind that will dare to think ; and what is more, give expression to thought, though it may be both opposed to other thinkers and injurious to himself.

He most emphatically believes in the truth, and that the truth should not be concealed.

Some minds are ready to reject new truths, and that often without investigating them.

Here there will be much carefulness displayed before accepting the untried ; but he will display equal carefulness before rejecting or condemning.

Without facts and figures, his decision will be 'Not Proven.'

There is a combination of organs here from which I would infer that he will like science for science' sake. It will not be a mere matter of '*L. s. d.*,' or even position or approbation, all which are the principal ingredients which lead many on and are the mainspring of much effort.

Thoroughly benevolent ; a large amount of sympathy ;

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

more ready to excuse than accuse ; ever ready to bear and forbear.

Good speaking ability. Secretiveness rather small ; consequently could not spin out his matter, like some, till threadbare, but will speak to the point, making every sentence tell with a certain sound in a well defined and clear manner.

There is 'Hope' here, which will keep him afloat in difficulties under which other people would sink.

There is 'Faith' here. Self-reliance and a thorough belief in individual effort.

There is a 'shall' and 'must' spirit which will enable him to overcome obstacles and difficulties, and climb the ladder till he gets to the pinnacle.

What success he meets with will be of a genuine nature, not that which comes as it does to some by lucky chance and good guesses.

In conclusion, I would say that there is here a power of mind which will and must take the lead, and to which other minds must do homage. And as he has taken the lead in the battle against 'England's,' nay the 'World's,' greatest enemy and curse, we would say that there is here all the ability required to carry the 'standard' through the fiercest battle and place it on the highest height.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling ; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God ;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES.

THIS association, founded in 1841, was the first to advocate and establish the self-supporting principle as the proper basis upon which to insure the erection of improved dwellings for the working classes on an extensive scale.

On the 15th September in that year the following resolutions were passed at a meeting at which the Rev. Henry Taylor, then the Rector of Spitalfields, took the chair :

'That an association be formed for the purpose of providing the labouring man with an increase of the comforts and conveniences of life, with full compensation to the capitalist.

'That the first object of the association be to erect, rent, or purchase suitable buildings to be let in compartments at a moderate weekly rent.

'That the second object of the association be to erect, rent, or purchase dormitories for the reception of nightly lodgers.

'That the third object of the association be to erect, rent,

or purchase small tenements for families, to be let at a moderate weekly rent.'

During the following four years much time was devoted in advocating the principle, which resulted in shares to the extent of nearly £20,000 being taken up, and, on the 16th October, 1845, a Royal Charter of Incorporation, limiting the liability of each shareholder to the amount of his shares, was granted; and, as a feeling then existed that too large a profit should not be made out of the class of tenants intended to be benefited, the charter also limited the rate of dividend to five per cent.

In the year 1843-44, and subsequently, other societies turned their attention to the subject, and at the present time so universally, it may be said, has the erection of improved dwellings been carried out, that it is difficult to enumerate them and the benefit resulting.

Of these dwellings the Metropolitan Association, at an expense of £205,360 12s., has erected 1,122 sets of dwellings, which provide accommodation for 5,402 persons in 3,994 rooms; and in erecting the majority of their improved dwellings, this association has adopted the plan of building on three sides of a square, thus leaving large courtyards for recreation and ventilation; and when we consider the diminished rates of mortality and disease which accrue to the tenants in the dwellings of this association, notwithstanding that the average population in blocks of dwellings so arranged is at least four times more to the acre than in the most densely-populated parts of the metropolis, we have an irresistible argument in favour of the increase and extension of this class of buildings.

The association are at present engaged in erecting dwellings for seventy-eight families at the top of Aske Street, Hoxton.

The reduced rate of mortality from 24 to 16 per 1000 is but part of the advantages accruing to the tenants, as there must also be a saving of disease as well as a decrease of deaths. If we assume that for each person dying there are only two persons afflicted with disease so severe as to prevent them from following their ordinary occupation, the advantage conferred upon them in the shape both of economy of time and economy of expense must be very considerable. But this decrease in the rate of mortality and disease, and less space occupied by the improved dwellings, are not the only benefits which have been developed by this association. Allusion is here made to the check given to immorality and crime, and these remarks are simply in support of the view that if bad characters have not places where they can take shelter, conceal stolen goods, and carry on their malpractices, their evil doings will be seriously affected as regards themselves, and beneficially as regards the community at large.

The improved dwellings of the Metropolitan Association have elucidated this point in the facilities they afford for the detection and suppression of crime.

About twenty years ago, in one of the dwellings of the association in Spitalfields, fortunately fireproof, a working distiller established himself with his illicit still. The rent was regularly brought down to the collector to avoid his seeing inside the door of the tenant's rooms, and all went on most regularly until a shoemaker, an old excise pensioner, living in one of the basement dwellings, stated his suspicion to the collector that there was at times a strong smell of wash from the drains,

This led to inquiry and inspection of the rooms, when the still was found. The flooring was deeply charred by the fire.

On another occasion, one of the tenants of the association being found secreted with another man in the Workman's Clubhouse erected by the Duke of Westminster in the Belvedere Road, Pimlico, for the purpose of stealing some lead which was stored there, they were convicted and sentenced to a term of three months' imprisonment by the magistrates, and the fact becoming known amongst the tenants at the build-ings, an outcry was soon raised by them in defence of their property in the washhouses, &c., and the rest of the family were sent away.

(To be continued.)



SANITARY HOUSE CONSTRUCTION.

HOUSE CONSTRUCTION ON SANITARY PRINCIPLES.

FOR many years I have been deeply interested in sanitary science. The Scripture says, 'Resist the devil and he will flee from you;' and if the devil of 'un-sanitariness' were 'resisted' scientifically, we should hear but little of yellow fever in America or typhoid in England.

The world was horrified a few years ago by the dangerous illness of a royal prince, caused solely by a shameful neglect of the simplest sanitary precautions. Happily the prince recovered; but how many millions of unfortunates have perished on both sides of the Atlantic from similar causes no statistician can venture to compute.

During several months' recent stay in Europe, nothing has given me greater pleasure than to note the progress of sanitary science as demonstrated by the successful establishment of such a noble witness for the truth as *House and Home*. The blessing of the poor, the fever-stricken, and the ruthlessly-slaughtered sufferers from neglect will follow you, sir; and if your wise words are heeded, society will be immensely improved in every direction.

I noticed in your issue of May 24th a letter from 'Practical Surveyor,' referring to certain houses in Islington constructed on strictly sanitary methods. Allow me to say that, having been induced to visit the said houses, I can entirely confirm the statements of your correspondent. The houses in question, which are Nos. 18 and 19, Church Street, Upper Street, Islington, are absolutely free from damp, draughts, and vermin, and impregnable against the 'fire-fiend.' Years ago I went to Paris in order to inspect some houses erected for the working-classes by the late Emperor Napoleon. These Parisian houses were erected of cement and concrete, but had wooden floors, doors, window-frames, etc., and consequently were *not* fire-proof. I had begun to fear that a *really* fireproof building could never be constructed; but what the great and powerful Emperor failed to do, after many attempts, an enlightened citizen of Islington, Mr. Thomas Bouffler, has done with complete success. Everything about the houses in Church Street is fire-proof. For America, where we have frequent holocausts, as in Chicago and Boston, the discovery of Mr. Bouffler is of the very greatest importance. Were our cities built in this way,

we could set fire and contagious diseases at defiance, and vermin would no longer torment us.

After inspecting Mr. Bouffler's houses, I shall return to America, delighted to think that one of the greatest problems of the age has at last been solved by scientific skill.

ONE OF THE AMERICAN COMMISSIONERS FOR THE
PARIS EXPOSITION UNIVERSELLE.

NOTE.—Acting on the invitation of 'Practical Surveyor,' we visited the houses referred to by our esteemed contributor. We were accompanied by a professional gentleman, who critically examined the buildings; and there can be no doubt about the advantages they present. There can be no question but that for hard wear, houses built under the system are far preferable to brick buildings, and that the ordinary cost of repairs would be very much decreased. The houses are plain and unpretending in appearance; indeed, they might be much improved upon so far as arrangement is concerned. But defects in these respects only indicate what might be done under skilful management and manipulation. The proprietor states that the houses were built without any professional or skilled assistance, and this must be taken into account when they are inspected.—ED.

THE SPRING CLEANING.—As glorious as was the dawn of Wednesday, April 30th, 1879, a cloud arose and cast the chill of its shadow upon it. It was an imperceptible cloud to many, but to others it was as plain as the day itself—aye, plainer, because it obscured the day. There had been showers of rain through the night. The falling drops purified the close air, and moistened the parched earth. When the sun arose its rays were reflected in millions of tiny water drops, clustering in diamonds upon every twig of tree and blade of grass. What a grand day it was. How full of healing was the balmy air. How intense the pleasure which filled every heart to overflowing. All through the day the sun shone, the birds sang, the buds throbbed, and blossoms laughed themselves into glorious life. But the shadow came and grew, and scattered its bitterness over all. Windows came out, carpets up, and stoves down. Soap and water saturated all indoors, while the dust from scores of carpets wooded over all outdoors. Man went out among the buds and blossoms and birds. Of course the weather changed in the night. It always does. There was no sun the next morning. There were no glad song of birds, no laughing blossoms, no lambent air. A chill rested upon everything outdoors. Indoors there were no carpets, no stoves, no order; but plenty of dampness and chill. There are times when cleanliness is next to ungodliness—so next, in fact, as to be distinguished with the greatest difficulty, if one care to distinguish it at all. There was a great deal of ungodliness in Danbury, on Thursday, May 1st, 1879. It permeated every quarter of the village. Men, chilled to the marrow, walking over bare floors which gave back dismal echoes, finding nothing where it belonged, forcing down half-prepared victuals, saturated with the odour of soap—were in a humour that was dangerous to themselves, and most uncomfortable to those about them. There were colds taken on that day that will weaken and annoy for months. There were seeds of disease sown that will never be rooted out. Tempers were soured, heart-burnings born, and evils begun whose influence will reach to the grave. There is nothing funny about this. There is nothing excusable in it. House-cleaning can never, of course, be made a delight, unless it is to a woman; but there is no need of making it a curse. There is no more sense in cleaning a house in the spring than there is in cleaning a shad in a golden chariot.—*Danbury News.*

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

HYGIENE.

OVER-EATING.

A GREAT deal is said about the evils of drinking to excess, but seldom is anything stated about over-eating. Not only is it overlooked, but positively encouraged by some of the dietaries put forward. 'Live on sixpence a day and earn it,' was Abernethy's advice to a dyspeptic patient.

The best authorities are agreed that eating too much food is a more frequent cause of dyspepsia than eating bad food. The stomach is overloaded, and its power overtaken. It might be equal to a pound of food: we give it two or three pounds.

It can excrete only a certain amount of gastric juice: only a corresponding amount of food can be dissolved. The rest remains an irritant, turns sour in the stomach, ferments, putrefies, becomes a cause of disease.

In a dietetic experiment recently made by Dr. L. Nichols, he found his health and strength fully maintained on about nine ounces of 'DRY' food a day. (By 'dry' food is meant food without water—pure nutriment. Bread is one-third water, a potato is three-fourths water, lean beef and mutton are nearly three-fourths water. Dry an egg and see how much it will weigh.) At the end of six weeks he had kept up to his weight, working twelve to fifteen hours a day, at an average cost of sixpence a day, or less, for the farinaceous, fruity, and pulse foods of which his diet was composed.

A good authority states, 'Give a vital organ rest, and Nature does all she can to repair damages; and in dyspepsia rest—long intervals of rest—is the first condition of cure.' There should be many hours of continuous rest, during which nothing should be taken, unless it be sips of pure water to allay fever or irritation. Well or ill, the average Briton takes five meals a day, when three, or even two, would be better for him. Imperfect mastication also conduces to over-eating. When the food is properly masticated and mixed with saliva it undergoes a change approaching the character of chyme; hence the more completely the functions of the mouth are performed, the more is the food fitted for the stomach.

We may conclude by quoting the following from Graham's *Science of Human Life*:

'By imperfect mastication a fourfold injury is done. It compels the stomach to receive the food too rapidly, to secrete a larger quantity of solvent fluid than would be necessary if the functions of the mouth had been properly performed; to reduce by maceration those masses which ought to have been broken down by the teeth; and, by increasing the expenditure of functional power, causes a greater degree of vital exhaustion of the stomach, tending to debility and disease.'

PYTHAGORAS.

THE ENGLISH ANTI-TOBACCO SOCIETY AND ANTI-NARCOTIC LEAGUE have just published a very handsome illuminated certificate of membership. It is printed in four colours, and filled up through the greater part of its surface with medical and other testimonies against tobacco. For the information of our readers who are abstainers from narcotics, and who would like to have this certificate, we may add that the offices of the society are at 26, Corporation Street, Manchester.

DIETETICS.

FOOD AND FEEDING.*

BY SIR HENRY THOMPSON.

I THINK I shall not be far wrong if I say that there are few subjects more important to the well-being of man than the selection and preparation of his food. Our forefathers in their wisdom have provided, by ample and generously endowed organisations, for the dissemination of moral precepts in relation to human conduct, and for the constant supply of sustenance to meet the cravings of religious emotions common to all sorts and conditions of men. In these provisions no student of human nature can fail to recognise the spirit of wisdom and a lofty purpose. But it is not a sign of ancestral wisdom that so little thought has been bestowed on the teaching of what we should eat and drink; that the relations, not only between food and a healthy population, but between food and virtue, between the process of digestion and the state of mind which results from it, have occupied a subordinate place in the practical arrangements of life. No doubt there has long been some practical acknowledgment, on the part of a few educated persons, of the simple fact that a man's temper, and consequently many of his actions, depend on such an alternative as whether he habitually digests his food well or ill; whether the meals which he eats are properly converted into healthy material, suitable for the ceaseless work of building up both muscle and brain; or whether unhealthy products constantly pollute the course of nutritive supply. But the truth of that fact has never been generally admitted to an extent at all comparable with its exceeding importance. It produces no practical result on the habits of men in the least degree commensurate with the pregnant import it contains. For it is certain that an adequate recognition of the value of proper food to the individual in maintaining a high standard of health, in prolonging healthy life (the prolongation of unhealthy life being small gain either to the individual or to the community), and thus largely promoting cheerful temper, prevalent good nature, and improved moral tone, would require almost a revolution in the habits of a large part of the community.

I shall not regard this as the place in which to offer any scientific definition of the term food. I shall include within its range all the solid materials popularly so regarded and therefore eaten. And drink being as necessary as solids for the purpose of digestion, and to supply that large proportion of fluid which the body contains in every mesh and cell thereof, I shall regard as 'drink' all the liquids which it is customary to swallow with our meals, although probably very few, if any, of them can be regarded as food in any strict sense of the term.

Food is essential to the body in order to fulfil two distinct purposes, or to supply two distinct wants inseparable from animal life. As certainly as a steam-engine requires fuel, by the combustion or oxidation of which force is called into action for various purposes—as the engine itself requires the mending

and replacing of parts wasted in the process of working—so certainly does the animal body require fuel to evoke its force, and material to replace those portions which are necessarily wasted by labour, whether the latter be what we call physical or mental, that is, of limbs or of brain. The material which is competent to supply both requirements is a complete or perfect food. Examples of complete food exist in milk and the egg, sufficing as these do for all the wants of the young animal during the period of early growth. Nevertheless, a single animal product like either of the two named, although complex in itself, is not more perfect than an artificial combination of various simpler substances, provided the mixture (dish or meal) contains all the elements required in due proportion for the purposes of the body.

It would be out of place to occupy much space with those elementary details of the chemical constitution of the body which may be found in any small manual of human physiology; but for the right understanding of our subject, a brief sketch must be presented. Let it suffice to say that carbon, hydrogen, and oxygen, the three all-pervading elements of the vegetable world, enter largely into the composition of the animal body; and that the two former especially constitute a fuel, the oxidation of which produces animal heat, and develops the force in its varied forms, physical and mental, which the body is capable of exerting. Besides these, nitrogen, obtainable from certain vegetable products, not from all, but forming definite combinations with the three elements just named, is essential to the repair and reproduction of the body itself, being one of its most important constituents. Lastly must be named several other elements which, in small proportions, are also essential constituents of the body; such as sulphur, phosphorus, salts of lime, magnesia, potash, etc., with traces of iron and other metals. All these must be present in the food supplied, otherwise animal existence cannot be supported; and all are found in the vegetable kingdom, and may be obtained directly therefrom by man in feeding on vegetables alone. But the process of obtaining and combining these simple elements into the more complex forms which constitute the bases of animal tissues—definite compounds of nitrogen with carbon, hydrogen, and oxygen—is also accomplished by the lower animals, which are exclusively vegetable feeders. These animals we can consume as food, and thus procure, if we please, ready prepared for our purpose, the materials of flesh, sinew, and bone, for immediate use. We obtain also from the animal, milk and the egg, already said to be 'perfect' foods; and they are so because they contain the nitrogenous compounds referred to, fatty matter abundantly, and the various saline or mineral matters requisite. But compounds simpler in form than the preceding, of a non-nitrogenous kind, that is, of carbon, hydrogen, and oxygen only, are necessary as food for the production of animal heat and force. These consist, first, of the fat of animals of various kinds, and of butter; and from the vegetable kingdom, of the fatty matter which exists in grain and legumes, and largely in the olive and in many seeds; secondly, of the starchy matters, all derived from vegetables, such as a large part of wheaten and other flour, rice, arrowroot, and potatoes; together with sugar, gum, and other minor vegetable products of a similar kind.

It will be interesting now to take a general but brief survey of the vast range of materials which civilised man has at his

* These extracts are taken from a valuable article by Sir Henry Thompson in the June number of the *Nineteenth Century*.

command for the purpose of food ; these few preliminary remarks on the chemical constituents of food having been intended to aid in appreciating the value of different kinds.

Commencing with the vegetable kingdom, from which our early progenitors, probably during long ages, drew all their sustenance, the cereals, or cultivated grasses, come first, as containing all the elements necessary to life, and being therefore most largely consumed. Wheat and its congeners, which rank highest in quality, had been distinguished, in the form of bread, as 'the staff of life,' long before the physiological demonstration of the fact had been attained. Wheat, oats, rye, and barley, maize and rice, are the chief members of this group ; wheat containing the most nitrogenous or flesh-forming material, besides abundance of starch, a moderate amount of fat, together with sufficient saline and mineral elements. Rice, on the other hand, contains very little nitrogen, fat, and mineral constituents, but starch in great abundance ; while maize, with a fair supply of nitrogenous and starchy matter, contains the most fat or heat-producing material of the whole group. As derived from wheat must be named the valuable aliments, macaroni and all the Italian pastes. Derived from barley is malt-saccharine, parent of the large family of fermented liquors known as beer. And from various other grains are obtained, by fermentation and distillation, several forms of ardent spirit. Vinegar, best when produced from the grape, is also largely made from grain.

The legumes, such as beans, lentils, and peas, form an aliment of great value, containing more nitrogen even than the cereals, but with fat in very small proportion, while starchy matter and the mineral element abound in both groups.

The tuber finds its type in the potato, which contains much starch, little nitrogen, and almost no fat ; in the yam also. The roots may be illustrated by the beet, carrot, parsnip, and turnip, all containing little nitrogen but much sugar, and water in large proportion. Derived from roots and stems of foreign growth, we have arrowroot, tapioca, and sago, all starches and destitute of nitrogen. Fatty matter is abundantly found in the olive, which supplies a large part of the world with an important article of food. The almond and other seeds are also fruitful sources of oil.

Of fish it is unnecessary to enumerate the enormous supply and the various species which exist everywhere, and especially on our own shores, from the sturgeon to whitebait, besides those in freshwater rivers and lakes. All of them furnish nitrogenous matter largely, but, and particularly the white fish, possess fat in very small proportion, and little of saline materials. The salmon, mackerel, and herring tribes have more fat, the last-named in considerable quantity, forming a useful food well calculated to supplement cereal aliments, and largely adapted for the purpose both in the South and North of Europe.

The so-called reptiles furnish turtle, tortoise, and edible frog. Among articulated animals are the lobsters, crabs, and shrimps. Among molluscs, the oyster and all the shellfish, which, as well as the preceding animals, in chemical composition closely resemble that of fish properly so called.

I shall not enter on a discussion of the question : Is man designed to be a vegetable-feeder, or a flesh-eating, or an omnivorous animal ? Nor shall his teeth or other organs be examined in reference thereto. Any evidence to be found by

anatomical investigation can only be safely regarded as showing what man is and has been. That he has been and is omnivorous to the extent of his means, there can exist no doubt. Whether he has been generally prudent or happy in his choice of food or drink is highly improbable, seeing that until very recently he has possessed no certain knowledge touching the relations which matters used as food hold with respect to the structure and wants of his body, and that such recent knowledge has been confined to a very few individuals. Whatever sound practice he may have attained, and it is not inconsiderable, in his choice and treatment of food, is the result of many centuries of empirical observation, the process of which has been attended with much disastrous failure and some damage to the experimenters. No doubt much unsound constitution and proclivity to certain diseases result from the persistent use through many generations of improper food and drink.

Speaking in general terms, man seems, at the present time, prone to choose foods which are unnecessarily concentrated and too rich in nitrogenous or flesh-forming material, and to consume more in quantity than is necessary for the healthy performance of the animal functions. He is apt to leave out of sight the great difference, in relation to both quality and quantity of food, which different habits of life demand—*e.g.*, between the habits of those who are chiefly sedentary and brain-workers, and of those who are active and exercise muscle more than brain. He makes very small account of the different requirements by the child, the mature adult, and the declining or aged person. And he seems to be still less aware of the frequent existence of notable individual peculiarities in relation to the tolerance of certain aliments and drinks.

(To be continued.)

NEWSPAPER STEREOTYPING.—The invention of stereotyping dates back to about the year 1785, and is generally attributed to William Ged, a goldsmith of Edinburgh. His process, which is known as the stucco process, for certain classes of work is still in use. The more modern method is known as the papier-maché process, by which it is alone possible to obtain suitable castings used on the swift rotary printing machines now employed for the rapid production of daily and weekly publications, some of which print from 500,000 to 600,000 copies. The forme of type, as set by the compositors, is first oiled by means of a flannel-covered roller ; a wet sheet, consisting of several thicknesses of soft paper, carefully pasted together with a composition specially prepared, is then laid on the oiled face and covered with a thin blanket or wet cloth. The forme thus covered is either beaten by a brush or passed under rollers, which by their pressure force the face of the type in such a way as to make it a perfect mould or matrix of the forme. Another sheet is then pasted on the back of the mould to strengthen it, and the forme, with the soft paper still upon it, is placed upon a hot plate covered with several folds of dry blanketing, and a press screwed down on the top. In three or four minutes this drying process is completed, and the mould may be lifted clearly off. The rough edges of the mould are then trimmed, and the papier-maché matrix, pliant enough to bend into a complete circle, if required, is laid face upwards in a semi-circular casting-box having a core of the exact diameter of the impression cylinder of the machine. Metal just hot enough to run, and so composed as to solidify rapidly, is poured into the mould, and on drawing the core, a semi-circular casting of the page of type is upon it. A sharp tap or two brings it off ; it is then put upon a specially constructed circular saw, which cuts off the overflow of metal at the edges. It is next dipped in water in order to cool and harden. It is then fixed on a small double-tooled lathe, a few turns of which finish the trimming of the edges and out the ledges, which are necessary to keep the 'dogs, by which it is held in position on the impression cylinder, flush with the surface. From this lathe the plate passes to a revolving machine made to fit. In this it is placed face downwards, so that the inside of the plate is presented to the cutting tool, by which it is 'trued' so as to insure its having a dead bearing on the impression cylinder, for being placed on which it is now ready. Described in words, the process may appear somewhat complicated, but in practice it is most simple. The production of a plate from first to last is the work of only ten minutes. Several plates in this way may be taken from the same mould or matrix, and in a very short time it will be seen that ten or twelve machines may be started, which machines usually run at 10,000 per hour, thus securing, in the course of a couple of hours, upwards of 200,000 copies.

DOMESTIC ECONOMICS.

THE FURNISHING OF TOWN HOUSES.

A PAPER on this subject was read before the Society for the Fine Arts on Thursday evening, the 5th inst., by Mr. R. W. Edis, F.S.A., in the west gallery of the Architectural Union Company's premises.

That the articles with which we are daily to be surrounded in our homes should be selected for utility and not for show; that ministration to personal comfort and convenience is a quality second only to solid construction and sound workmanship in furniture intended to be constantly used; that it is preferable that our household goods should be made of common, even base materials, well put together, and tastefully decorated, than that we should expend an equal sum of money on others, in which greater intrinsic worth in the substance worked is made a set off against flimsy fashioning and insufficient quantities; that everything in a house should be 'fitted for a place, and subordinate for a purpose,' these general rules have, as Mr. Edis admitted, been descanted upon to triteness.

Whatever freshness or interest characterised the lecture lay partly in the way in which these commonplaces of furnishing were treated, but more in the detailed modes in which the author proposed to apply these principles to the requirements of those furnishing town houses. The manner in which furniture has followed each change of style, from Greek to Roman, from Gothic to Queen Anne, without being thereby any more closely adapted to the everyday wants, was traced. Stress was laid on the point that, if furniture be chosen because it is now in the height of fashion, should it be durable, it will, of necessity, presently look out of date, the obvious moral being deduced that only articles of permanent interest should be purchased, to the avoidance of mere fashionable conceits and passing eccentricities.

The higher cultivation of the individual, and as a sequence of the whole community, in the art of furnishing, is not, it was remarked, to be arrived at by any particular style of design, or blindly accepting the dogmas set up by interested persons, but by the inculcation of broader views of the uses and purposes of our furniture, and a consideration of the ways in which the several articles that can be so selected as to form a convenient and harmonious whole.

The author fully recognised the important progress made by some of our leading firms, such as Gillow and Co., Morris and Co., and Collinson and Lock, who have practically spared no pains to produce the best possible work, and have associated with themselves in the endeavour to provide furniture of good design and workmanship a number of artists of high repute and knowledge. In much of the work of such firms as these, there is evident a regard for harmony of design, as well as for use and suitability, attributable, he thought, in great part to the fact that the designers are not mere preparers of drawings and patterns for chairs, tables, and curtain hangings, but men who, like the artists of the middle ages, believe that every creation of design should be honestly and carefully thought out, whether in the smallest fitting of a house, the commonest colouring of a wall, or the decoration of the smallest panel in a buffet or cabinet, as the most gorgeous edifice, the most exquisite paint-

ing, or the most noble piece of sculpture. As an architect he regretted that in these days the designing of furniture has so largely passed into the hands of the upholsterer.

A room may be furnished simply and well, usefully, comfortably, and artistically, without of necessity making any enormous outlay. Why should not deal, and other soft woods, he asked, be employed more largely for the construction of such furniture as buffets and panelling, wardrobes and ottomans? Mr. William Morris has shown how artistic ideas can be worked out with the greatest elaboration of colour and ornamental design, and figure decoration, on quite plain surfaces of the softer woods, and the author knew no reason why deal, painted and varnished, should not be largely availed of for much of the internal and subordinate woodwork of our houses.

Under the general title of furniture, which properly represented anything movable, he proposed to include all the general fittings which are usually nowadays called fixtures, such as hanging-closets in bedrooms, shelving, built-up buffets, and such ordinary carpenters' work, which, he suggested, may well and economically take the place of the more expensive pieces of furniture, and, he added, that these shelf-clusters or closets need not of necessity become the property of a landlord at the end of a lease; they can all be made separate and distinct, to fit in their various places. For recesses such fittings can be made much more inexpensively than the usual movable furniture, and can be adapted to the general planning of the rooms.

Mr. Edis seemed to have a housemaid's hatred of dust and dirt accumulators. He offered many hints as to modes of obviating the occurrence of dark corners and inaccessible spaces and crevices. On this account all intricate machine carvings, and unnecessary ledges and frettings, were condemned as bad, and traps for filth. Sideboards, buffets, wardrobes, and similar articles of furniture, should either be brought to the floor with a bold plinth or supported on plain, well-turned legs of sufficient height to allow a brush to be used beneath them, and care should be taken that no unnoticed dust-holding receptacles exist on wardrobe-tops just below the ceiling-level. Instead of so accurately fitting the carpet to the contour of the room that it becomes difficult to take it up for cleansing purposes, he suggested that the borders of all floors should be painted, and a few small Persian or Indian carpets laid where most needed for comfort.

The machine-made mantelpieces most usually seen in London houses were condemned as commonplace in character, abominable in design, and bad in form, outline, and construction. To leave these as they are would utterly destroy all decorative effect in the room, and he would say, take them down carefully and remove the grates and stoves all away in some cellar, from whence they can be brought to light and refixed when your lease is up. Any new mantelpiece put up in its stead should be fixed as a piece of furniture, removable without damage to the walls. In the dining-room it may be of unpolished wainscot or American walnut, with a lining of black or golden Siena marble, the lower panels filled in with painted subject-tiles or delicate carving of fruit, the main shelf being broad enough to take a clock or other ornaments, with perhaps a centre panel for a portrait or subject picture, enframed in boldly carved moulding. On either side might

be plain wainscot panelling carried up to the ceiling line, on tiers of shelves for bric-à-brac or china, and the top finished with a carved cove, filled in with stamped leather or gilt enrichment. For the drawing-room and library the design of the mantelpiece would require some modification; in the former might be subdued delicate embroidery, painted tiles or Japanese lacquer panels, having recessed shelves, lined with velvet, to set off the vase, china, or glass, the sides formed into groups of shelves or brackets, and the centre filled with a splayed Venetian glass, not at so great a height from the ground as to be rendered useless, and of sufficient size to reflect the works of art in the room. In the library small flanking cupboards may be arranged, with shelves for china or books, so as to carry on the general furniture of the room. If the fireplace can be recessed, this may be lined with decoration-tiles in panels, with angle brackets for larger pieces of china or other ornaments. Many persons, it was remarked, do not hesitate to spend from £20 to £100 upon a picture which, while beautiful in itself, cannot give half the delight, pleasure, or variety as half the same sum of money expended upon a really good mantelpiece.

(To be continued.)



CURRENT OPINIONS AND EVENTS.

The electric light, as produced by the British Electric Light Company, was brought into use on Monday last at the Edgware Road Station of the Metropolitan Railway. The two lamps used were found to be amply sufficient for lighting the whole of the station, and the effect was more like bright daylight than any artificial illumination. A glass screen served to subdue the intensity of the light, and at the same time to distribute it. The illuminative power of this light is said to be equal to 6,000 candles; and it is stated that the expense for illuminating the station by the electric light will be only 6d. per hour as against 2s. 6d. per hour for gas.

Landowners are generally remitting a percentage of their rents; but Lord Waveney has gone further in his endeavour to mitigate the distress affecting tenant-farmers. His lordship has intimated to his Suffolk tenants that in consequence of the existing depression the half-year's rent, due April 1st, will be postponed until October next.

The statement recently made at Hawarden by Dr. Moffatt, to the effect that the sale of opium had largely increased in the district in consequence of the decreased facilities for obtaining intoxicating liquors, is not sustained by facts. The *Wrexham Advertiser*, having tested the accuracy of these statements, reports as follows in its issue of Saturday last:

'On making inquiries among the chemists of Mold, we find that the sale of opium is on the increase, and that large quantities are sold, on Saturday nights especially. The consumers are principally aged people, who purchase the narcotic for the alleviation of rheumatic pains. Then there are mothers who, being too lazy to nurse their children, administer opium to them, and in one or two instances some mercurial individuals have been known to ask for doses to experience the feelings of De Quincy, having read his 'Confessions of an Opium Eater.' We do not find that the chemists attribute the increase to the early closing of public-houses.'

In commenting upon the annual banquet of the News-vendors' Benevolent and Provident Institution, held on Saturday last, the *Daily Chronicle* incidentally says of the daily press:

'No event of any public interest can happen in the remotest corner of the earth without information of it reaching the ears of one or other of the numerous accredited representatives of the morning newspapers. People buy a couple of boxes of matches for a penny, and wonder how they are produced for the money; but it is surely more remarkable that for the same price sixty-four columns of news from all over the world should be collected, telegraphed, or otherwise communicated, edited, commented upon, read, corrected, set up by a process which involves the picking up of every letter, stereotyped, machined, despatched, delivered through the various agencies, and placed on every reader's breakfast-table within a radius of two or three hundred miles from the publishing-office.'

THE BOOK TABLE.

'HUMAN INTERESTS, REFLECTIONS,' etc., by Samuel Sainsbury, London: Tinsley Brothers.—This is a suggestive volume. Its author is a quiet thinker, full of sympathy for humanity, and the forty-three brief essays occupying the greater part of the volume are followed by about twenty pages of 'Texts, Reflections,' etc. As a specimen of the work, we extract the following chapter on

STRUCTURAL CHANGES.

'Millions on millions of living organised beings change structure day by day and hour by hour. Every grade of living creature, from the leviathan of the seas to the minutest creature floating therein, is subject to this law. Again, on earth, from the gigantic elephant to the smallest instance of life, pervading and inter-pervading the secret cells of nature's hiding-places, all take up and lay down by turns the forms of life allotted them.'

'By a universal law, all living creatures are equally decreed to the necessities of life and death; begotten of necessity, of necessity falling out of one rank of life to help the forces of another; all, all eventually repaying, some sooner, some later, the loan of structure and function nature has bestowed.'

'Nature, the sublime purveyor as well as scavenger of the world, garners all supplies of life and death for existence and interests of the majority; and this universal attention to the requirements of such majority must content the disciples of truth, for, indeed, it seems a fact, day by day and hour by hour, proved to be amongst the settled ordinances of nature.'

The Church of England Temperance Chronicle.—This journal, the official organ of the Church Temperance Society, well fulfils its mission. It should be read by all friends of the movement, whether Churchmen or Non-conformists. Last week's number contained an article reprinted from our columns.

The Alliance News, ably discusses and defends the "local option" policy. The *News* of May 31st contains a full report of the speeches at the recent Exeter Hall demonstration. It should have a national circulation.

The Temperance Journal and Treasury, while representing the Templar Order, takes a wide range, and does justice to all departments of Temperance Work. The philosophy of such able writers as Dr. Lees and Mr. William Hoyle is accompanied by lighter reading, and evidently strenuous efforts are being made to render the *Journal* a welcome visitor in temperance homes.

Hand and Heart for June 6th gives its readers a good portrait of the eloquent Canon Basil Wilberforce, accompanied by a sketch of his life that should be interesting to all, especially to those who have listened to his spirit-stirring utterances. A melancholy interest attaches to 'Well Married,' a serial story running through *Hand and Heart*, from the pen of the late Mrs. C. L. Balfour. The other contents of this justly popular periodical make up a marvellous pennyworth of home reading.

The Herald of Health pursues its course. In 'Job Hathaway,' the anti-vaccination crusade avails itself of fiction. The tale is from the pen of the doctor himself, as are also most of the other contents of this very useful monthly paper.

The National Anti-Compulsory Vaccination Reporter, and *The Vaccination Inquirer and Health Review*, are both opponents of vaccination. These journals contain papers of interest, and the facts presented and arguments adduced in them will have to be met by something more than a sneer, or—vaccination will go the way of other medical fashions at no distant date.

RECEIVED.

The Burgess (Cardiff)—*The Sunday Review*—*The Temperance Worker*—*The Dietetic Reformer*—*The Witness*—*Social Notes*—*The Lay Preacher*—*Society of Arts Journal*—*Sessional Proceedings of Social Science*—'Where's Where?' A Quarterly Guide to the Metropolitan and Provincial Lodges of the Independent Order of Good Templars—'John B. Gough; The Man and his Work,' by F. Sherlock

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

ECONOMY IN FOOD.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

I am not about to impose upon myself the task of criticising your contributors' welcome articles, but, having recently, at some pains, endeavoured to gather together the best points for an essay on the 'Staff of Life' (see No. 17), there is one statement in the above-named contribution (No. 20) which ought to be amended, and I am sure an earnest reformer like Mr. Nunn will be the first to acknowledge the oversight. He states, referring to white bread, 'If this inferior food is worth eightpence the loaf, the brown, as regards its superior nourishment, is actually worth a shilling, although its real cost is less to make than the white. We give cattle the bran, that is, the very best part of the grain, and the inferior portion we eat ourselves.' Now, sir, it cannot be too often pointed out, as stated in the 'Staff of Life,' on the best authority, that the ordinary 'brown' bread of the bakers is a mere deception, being made of the same dough as the white bread with a little 'bran,' a mere flinty irritant thrown in. What we want, what millions of the poor want, and without which food reformers would be badly off, is the 'whole meal' of the grain, no doubt partaken of by Mr. Nunn himself, and which includes also all the intermediary mill products, between the outermost layer of bran and the innermost starchy portion of the grain from which white bread is made.

May I be permitted to add that by the ready co-operation of the editor of this paper, and at the request of a few friends, the 'Staff of Life' article has been struck off in the form of a halfpenny tract, and I appeal to such of your readers as value the importance of the great bread question, to circulate these tracts, which can be obtained at 2s. 6d. per 100, or 4d. per dozen, from the Food Reform Society, Franklin Hall, Castle Street East, Oxford Street, W.

I am, sir,

Faithfully yours,

C. DELOLME.

June 9, 1879.

THE OFFICE OF THE LUNGS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

In the previous number of *House and Home*, the above article is referred to by 'Ventilator,' who, perhaps, thinks that I have a little overrated the importance of fresh air. I do not for a moment suppose bad air to be the cause of stupidity in man, but I believe it to be a cause, inasmuch as it enfeebles the whole body; and, if the amount of carbonic acid in the air is increased (I think it is to the amount of ten per cent.), and the proportion of oxygen likewise diminished, asphyxia takes place, and we are rendered totally unconscious to all around us, which is the result of the blood being compelled to supply the brain, etc., with venous blood instead of arterial. Oxygen being indispensable to animal life, and being derived mainly from the air, the necessity for constant and copious re-supplies of fresh and well oxygenated air becomes obvious, and to this the experience of every human being bears testimony.

How dull and stupid we feel after sitting awhile in a hot, badly ventilated room, where the blood is unable to procure the amount of oxygen to quicken it; hence the accompanying stagnation of the blood and lethargy of body and mind. But start out into the fresh air: how different you feel! how lively your body! how brisk all your feelings! how clear the mind! how happy the whole man.

Ventilator states, 'It is also a question whether reptiles are so stupid as R.S. makes out, and we always understood the faculty of intelligence to reside in the brain, or dependent thereon, and not in the lungs.'

Perhaps reptiles are not all quite so stupid as I imagined; some, no doubt, possess a certain amount of intelligence, and all have sufficient knowledge to enable them to procure their food, or they would not exist; but I do not think we can find strength, gentleness, docility, agility, and intelligence, combined in any cold-blooded animal. Toads, as the correspondent remarks, are useful in gardens, and are, I believe, perfectly harmless. With regard to the faculty of intelligence residing in the brain, I

believe it to be the fact, but it must be remembered that the brain obtains its nutriment, which enables it to perform all its functions, from the blood, and, in order that it can perfectly perform its functions, it is necessary that it should be supplied with pure arterial blood, and, of course, the blood becomes arterialised in the lungs; the air tubes in the lungs secrete the oxygen, which is extracted from them by the blood, and the blood nourishes the whole body. Carbonic acid is a rank poison to the blood, and so it poisons and prostrates the vital organs.

I am, sir,

Yours respectfully,

R. SHIPMAN.

SHAFTESBURY PARK ESTATE.

[The following letter and editorial note thereon appeared in the *Commercial World* for June 2nd. We reproduce it because of the importance of the points raised.]

'TO THE EDITOR OF THE "COMMERCIAL WORLD,"

'SIR—

'Besides the many points in the affairs of the Artizans', Labourers', and General Dwellings Company which you have referred to, there is another matter, of a very serious nature, as it seems to some of us here, which you have entirely overlooked.

'In the earlier prospectuses and circulars of the Company it was set out that on this estate Brassey Square would be preserved as a recreation ground for the families living on the estate. This induced many to come to live here and also to purchase houses. But recently this square has been built upon, thus breaking faith with the original tenants and purchasers.

This is a very grievous matter to the inhabitants of Shaftesbury Park Estate; quite as much so to us, living here, as it would be to any of the other families or gentry in Grosvenor Square, if it was built on.

'The difference is, that in the case of Grosvenor Square (where, I believe Lord Shaftesbury resides) the occupiers and owners of the houses would, no doubt, with plenty of money to spend, have put the law in motion to prevent so gross an outrage. Here, we being only working men, with no more money than is just sufficient to keep our families and pay our rents, which have been greatly increased on the original amount, are, therefore, helpless.

'At first, also, it was promised us that there was to be no sub-letting, which rule kept the estate from becoming over-crowded. Now, that rule has been put aside, so that Shaftesbury Park is fast becoming as densely crowded as other London districts occupied by working men's families.

If, Sir, you can find room for this letter in your valuable paper, some of us here will feel very grateful.

'I am, Sir, your obedient Servant,

'ANTI-DUPPLICITY.

'P.S.—I enclose my real name, but not for publication.

'Shaftesbury Park, May 20th, 1879.'

* * The questions raised by our correspondent are of the utmost importance to the inhabitants of the 'Workmen's City.' It was, undoubtedly, often stated while 'Shaftesbury Park' was in progress of development, though, perhaps, never embodied in the Company's covenants, or otherwise put into due legal form, that Brassey Square was to be preserved as an open space and recreation ground for the inhabitants. This was one of its best features, and one of the strongest inducements offered to working-men's families to go there; as, indeed, it was almost essential to the proper sanitation of the low-lying ground of the estate. This open space and the excellent system of double drainage adopted, tended to make what had hitherto been little better than a swamp a healthy locality. But now that the open space has been covered with houses, an efficient source of good sanitation has been closed up. We presume the Board discovered that they were not legally bound by mere verbal promises, and therefore put the *bond-fides* of the case aside as worthless in comparison of a slightly augmented rent-roll. Our correspondent, however, is mistaken if he supposes that Lord SHAFTESBURY has done much more than give a name to 'Shaftesbury Park.' His lordship is, we believe, a proprietor in the Artizans', Labourers' and General Dwellings Company to the amount of £10. Nevertheless, our correspondent would be right enough if he assumed that Lord SHAFTESBURY would have uttered denunciations loud enough to be heard in heaven, and deep enough to resound in 'another place,' if any attempt had been made to build over Grosvenor Square, as has been actually done at Brassey Square, 'Shaftesbury Park.' But who would be so oblivious of the natural fitness of things as to suppose that some thirteen or fourteen hundred families of the working class can require an open space or square for recreation? or that in business dealings with that class it is necessary that their 'betters' should observe good faith? We have no doubt an injunction could be obtained, and an order to remove the buildings. A report reaches us that it is the intention of the management to pursue a similar course with the open space reserved at Queens Park Estate. If this report be correct, we hope that some shareholder or shareholders will have the courage and a sufficient sense of justice to invoke the interference of the Court of Chancery.

—ED. C. W.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

How shall a man take his aim without a mark? and what wind will serve him that is not resolved upon his port?—*Seneca*.

He that professeth himself thy open enemy, arms thee against the evil he means thee; but he that dissembles himself thy secret friend, strikes beyond caution, and wounds above cure; from the first thou mayest deliver thyself, from the last good Lord deliver thee.—*Quarles*.

What is man's history? Born, living, dying,
Leaving the still shore for the troubled wave,
Struggling with storm-winds, over shipwrecks flying,
And casting anchor in the silent grave.

Russian (translated by Sir J. Bowring.)

Don't be a cynic and disconsolate preacher. Don't bewail and bemoan. Omit the negative propositions. Nerve us with incessant affirmatives. Don't waste yourself in rejection, nor bark against the bad, but chant the beauty of the good. When that is spoken which has a right to be spoken, the chatter and the criticism will stop. Set down nothing that will not help somebody:

For every gift of noble origin
Is breathed upon by Hope's perpetual breath.

Emerson.

What numbers of learned men does modesty conceal, or love of ease withdraw from the notice of the world!—*Pliny*.

He that knoweth not that which he ought to know, is a brute beast among men; he that knoweth no more than he hath need of, is a man amongst brute beasts; and he that knoweth all that may be known, is a god amongst men.—*Pythagoras*.

If thou hast wronged thy brother in thought, reconcile thee to him in thought; if thou hast offended him in words, let thy reconciliation be in words; if thou hast trespassed against him in deeds, by deeds be reconciled to him. That reconciliation is most kindly, which is most kind.—*Quarles*.

This is true liberty, when freeborn men,
Having to advise the public, may speak free;
Which he who can, and will, deserves high praise;
Who neither can, nor will, may hold his peace:
What can be juster in a state like this?

Milton (translated from Euripides).

The king's oath is not security enough for our property, for he swears to govern according to law, and every man knows how differently judges interpret the laws.—*J. Seldon*.

Learning maketh young men temperate, is the comfort of old age, standing for wealth with poverty, and serving as an ornament to riches.—*Cicero*.

Not to give to the poor, is to take from him; not to feed the hungry if thou hast it, is the utmost of thy power to kill him; that therefore thou mayst avoid both sacrilege and murder, be charitable.—*Quarles*.

The mind is its own place, and in itself can make a heaven of hell, a hell of heaven.—*Milton*.

What is called a finished education, will not avail us anything at the day of judgment; we shall not be asked what proficiency we have made in languages, logic, metaphysics, astronomy, and other sciences, but whether we have lived according to our nature, as men endowed with morality and reason; and our good or bad works only will remain with us.—*Turkish Spy*.

No decking sets forth anything so much as affection.—*Sir P. Sidney*.

Gold is Cæsar's treasure, man is God's: thy God hath Cæsar's image, and thou hast God's. Give therefore those things unto Cæsar which are Cæsar's, and those things unto God which are God's.—*Quarles*.

THE HOUSEWIFE'S CORNER.

HOTCH POTCH.

Miss Guthrie Wright gives the following directions in her 'School Cookery Book':

Required: 1 lb. neck of mutton; 1 pint chopped young carrots, turnips, and cauliflower; $\frac{1}{2}$ lettuce; $\frac{3}{4}$ pint green peas; $\frac{1}{2}$ pint broad beans; 2 onions (previously parboiled); 2 quarts water; 1 teaspoonful salt; $\frac{1}{2}$ teaspoonful pepper; 2 teaspoonfuls sugar. Put the meat and the salt on with cold water. When it comes to the boil, skim it carefully. Let the cauliflower and lettuce lie in salt and water for half-an-hour; break the cauliflower up into little sprigs, and chop the lettuce; shell the peas; shell and skin the beans; pare the turnips, scrape the carrots; chop them small with the onions; put all the vegetables, except one half-pint of peas, into the boiling liquor; boil slowly three or four hours, according to the age of the vegetables; young vegetables require less boiling than old ones. When the soup is half made, add the rest of the peas and the sugar. When ready, remove the mutton and serve. Serve the mutton separately. Hotch-potch should be quite thick. If wished, neatly trimmed chops may be added to the soup when it is half cooked, and served in it.

RYE BREAD.

To make two good-sized loaves, take one cup of liquid yeast, one tablespoonful of salt, two quarts of sifted rye flour. Stir all together, and wet with sweet milk as soft as can be kneaded. Let it stand over night; or, if mixed in the morning, for several hours until well risen; then dissolve one teaspoonful of soda in a little cold water, and stir it in, and knead the dough again; then put it into the pans and let it stand from one half-hour to an hour, until it rises somewhat, but not as much as it will, as it is better to have it rise a little after it is put into the oven. If cake yeast is used, take one cake and soak it in about a teacupful of water—in cold weather warm water should be used;—then stir in rye flour enough to make a thin batter. Let it stand until a sponge is made—about an hour and a half or two hours—then use the liquid yeast.—*The Daisy*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Front page		4	0
do. do., per column		1	0
Back page		5	0
do. do., per column		2	0
Inside pages		4	0
do. do., per column		1	12

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by **JOHN PEARCE.**

No. 22, Vol. I.]

SATURDAY, JUNE 21ST, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE LATE BARON LIONEL DE ROTHSCHILD.

CONSTRUCTION
BUILDING SOCIETY
NEW YORK

(OTHSCHLD)

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: JUNE 21st, 1879.

CONTENTS.

	PAGE
THE LATE BARON LIONEL DE ROTHSCHILD - - -	259
PHRENOLOGICAL SKETCH OF THE LATE BARON ROTHSCHILD, BY PROFESSOR STACKPOOL E. O'DELL - - -	259
THE ARTIZANS' DWELLINGS ACT EXTENSION BILL - - -	260
METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES - - -	260
ARTIZANS' DWELLINGS IN ISLINGTON - - -	261
ODE TO NIGHT, BY MRS. J. M. O'CALLAGHAN - - -	261
ATHLETISM.—BOAT-RACING.—EXCESSIVE PHYSICAL EXERTION, BY R. CLARK NEWTON, LIC. MED., C.M., M.R.C.S.E. - - -	262
THE WATER SUPPLY OF LONDON - - -	263
THE MANUFACTURE OF WHOLE-MEAL BREAD - - -	263
FOOD AND FEEDING, BY SIR HENRY THOMPSON - - -	264
CURRENT OPINIONS AND EVENTS - - -	265
THE FURNISHING OF TOWN HOUSES - - -	266
CORRESPONDENCE - - -	267
GEMS OF THOUGHT - - -	268
THE HOUSEWIFE'S CORNER - - -	268

THE LATE BARON LIONEL DE ROTHSCHILD.

BARON LIONEL NATHAN DE ROTHSCHILD, who died on Tuesday, the 3rd inst., at his residence in Piccadilly, and was buried on the 6th inst. at the Jews' Cemetery, Willesden, was born on the 28th of November, 1808. He succeeded to the title of his father, Baron Nathan Meyer de Rothschild, on the death of the latter, the 28th of June, 1836, when he became the head of the well-known London firm of N. M. de Rothschild and Sons.

Baron Rothschild was first elected one of the members for the City of London in 1847, and though afterwards re-elected in 1849, 1852, and 1857, he was not allowed to take his seat, owing to the exclusion of Jews from the House of Commons. In 1851 this fight for religious equality came to an end. The late Alderman Salomons was in that year returned for Greenwich, when the Standing Orders of the House were set aside in favour of himself and his co-religionists. Baron Rothschild, who was always a steady Liberal, lost his seat at the general election of 1874, and he then retired into private life.

The late Baron was distinguished for his kindness of heart, and for his philanthropic spirit. His bounties were distributed regardless of the race or religion of their recipients. He will be succeeded by his eldest son, Sir Nathaniel Meyer de Rothschild, Bart.

PHRENOLOGICAL SKETCH OF THE LATE BARON ROTHSCHILD.

AS GIVEN BY PROFESSOR STACKPOOL E. O'DELL.

'UNSTABLE as water, thou shalt not succeed (excel),' is the flaw in many a character; and this want of stability the ruin and wreck of what might otherwise be a brilliant and useful career.

Each of these delineations will point out to us, independent of phrenology altogether, some useful characteristics, which we should try and emulate.

'Stability' is written here in every line and lineament of feature.

There is no indecision, no wavering; but, in regard to all the important plans of life, a steady, decided and patient aim.

There is no narrow groove for thoughts—ideas—to be fitted into. There is no special colour for everything to be toned down to.

There is no bias that rejects reason. At the same time there is no unbalanced enthusiasm, which, like the fish, is ever ready to catch at a fly floating on a ripple, be it real or artificial.

In a word, there is that stability which is required in the props upon which a nation rests with confidence.

There is much foresight here; ability to look forward, and on the basis of the present to erect substantial plans for the future.

There is a formation of mind here that can take in a number of plans, and look at them in every light; and after quietly weighing the one against the other, to choose with clearness and decision the good from the bad or indifferent.

There is, no doubt, all the ability here which goes to make the successful financier; but, if he had believed in war he would have made a great general—would have known how to dispose his troops, set up his barricades; he would be well up in feints and ruses, so as to lead the enemy into his ambuscades. As a general he would have great victories with small losses. And, by the way, this is just what is much lacking in our generals at the present day.

There is much kindness and sympathy depicted here. But it will be manifested in connection with his desire for sound progressive benefit.

Heads of this kind are required to keep down what may be of a flighty nature. The cord on the kite which keeps it within a certain distance—the ballast without which the ship, be it ever so well built and trimmed, does not leave her moorings.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS DWELLINGS ACT EXTENSION BILL.

THE weeks are passing rapidly, and the present Session of Parliament draws near to its close. We shall soon be hearing of the 'Slaughter of the Innocents,' and many Bills which appeared to have every prospect of passing into Acts of Parliament will be edged out of the race during the next few remaining weeks of the Session.

But Mr. Torrens' Bill, about which there seemed to be such unanimity of opinion on the 7th of May, when it passed its second reading, and the need of which is so generally admitted, ought not to be so sacrificed. It should not be forgotten that this measure is one for completing the necessary machinery whereby the substitution of healthy dwellings may be made possible for the miserable unsanitary houses at present largely occupied by the poor of London and other large towns.

Briefly stated, the Act of 1868—which was a very different measure to the Bill as proposed by Mr. Torrens—(1) gives power to local vestries to take possession of 'slum property' in cases where notices served on owners requiring improvements to be effected are not complied with, *without compensation*; (2) the local bodies, on obtaining possession, may evict the unfortunate occupants and pull down the tenements; but (3) they have no power to rebuild. It will be seen that the Act, as it stands, is capable of doing an injustice to three parties: *first*, to the owner, whose property may be taken away from him without compensation; *secondly*, to the evicted tenants, who may be driven out from what may be in every respect a *bad home*, it is true, is no provision of any kind made for housing them; and, *thirdly*, to the ratepayer, who has extra burdens imposed upon him in consequence of the building sites lying undeveloped in his parish.

The Artizans Dwellings Act Extension Bill seeks to remedy this unsatisfactory state of things. It provides for compensation to the owners of property taken possession of; the amount of such compensation to be awarded by the Government assessor or by a jury, as the owner himself may elect—than which nothing can be fairer. The Bill enables local bodies to deal with the freeholder as well as the leaseholder, and thus to acquire absolute ownership of the sites; and it further empowers them either to erect houses for the accommodation of the working classes, or to let such sites on building leases. In cases where public bodies build the dwellings, such dwellings should be publicly sold within a given period of their

erection, as it is undesirable for vestries to be extensive owners of property.

If these powers are granted, it will make the task of providing decent house accommodation for the people at least possible; and if this is not then done, it will be in consequence of the apathy of the people themselves. The process need not be an expensive one, seeing that the necessary money can be borrowed from the Public Works Loan Commissioners at three per cent.; and if due care and economy is exercised, there is no reason why the ratepayers should not receive a handsome profit on the completion of the transaction.

It is to be hoped that the Government will not only not throw any obstacle in the way of the passing of the Bill, but that they will facilitate its passing this Session; for theirs will be the responsibility if it is rejected.

However good Mr. Cross's Act may be, the evil is so great that the widest facility for grappling with it should be provided. Even if active operations are instituted under the provisions of Mr. Cross's Act, under the present Bill, when it becomes law, and by the combined efforts of individual and organised philanthropy, it will be years before this plague-spot, this social ulcer, is exorcised.

All who feel the need of the existing legislation on the question being made effective and operative, should lose no time in urging their representatives in Parliament to give their vigorous support to the Artizans Dwellings Act Extension Bill—a measure designed to benefit all, and to harm none.

METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIAL CLASSES.

(Continued from page 249.)

THAT bricklayers, carpenters, engineers, and others working at sixty-three different trades carried on in London, will avail themselves of the opportunity of living seven or eight miles out of town, this association has had twelve years' experience in the 164 cottages they erected in the year 1866 in the parish of Beckenham, the tenants of which are paying two shillings a week for railway fares.

In drawing attention to cottages in the country, the great necessity for erecting improved dwellings in London is fully admitted: still, if one tithe or even one-twentieth part of the working men will rise at five in the morning, to return to wholesome recreation in their gardens in the evening, which twelve years' experience proves that men following sixty-three different trades in London will do, to say nothing of the daily evidence of the large number of working men who now use the railways, it is very advisable that they should have the opportunity.

This procedure has the incidental advantage of reducing the overcrowding in London.

Another reason why facilities should be given to working men to reside in the country is that the rents are considerably lower, in consequence of cheaper ground-rents or cost of land, and that a great saving can be effected in the construction of their houses.

The Metropolitan Association let each of their semi-detached cottages, containing five and six rooms each, and a piece of

garden ground, 20ft. by 80ft. deep, at two shillings and three shillings a week less rent than they can obtain for their dwellings in London, and still obtain as good a return upon the investment.

The greatest difficulty at the present moment appears to be how to provide necessarily improved accommodation for the still less fortunate class—hawkers, dock labourers, costermongers, &c.—who, from their very small and precarious earnings, cannot pay the rent entailed by the unavoidably-expensive construction of dwellings in the metropolis; and when success has attended the efforts made in Glasgow and Edinburgh to accomplish this object, it should not be considered imprudent to make similar efforts here, under similar powers.

According to the very valuable Report presented to the Committee of the Charity Organization Society, Nov., 1873:

‘In the year 1866 the Town Council of Glasgow obtained an Act of Parliament, which was renewed in the year 1871, enabling the Lord Provost, Magistrates, and Council of that city to take lands and houses compulsorily, *to erect new buildings and dispose of the same, to erect and maintain houses specially adapted for the working classes, to borrow for these purposes a maximum of one and a quarter millions sterling, to charge interest for the sum borrowed on the town rates, levying an annual rate for the purpose of the Act not exceeding sixpence in the pound.*

‘The report goes on to state that up to the month of June, 1872, upwards of one million sterling had been expended on properties, a portion of which had been profitably re-sold, while the greater part was provisionally held and let, but in an improved condition, and yielding £24,000 per annum.

‘In the course of these operations seats of contagious fever had been extirpated, haunts of prostitutes, of crime, and of intemperance had been broken up or restricted, and streets of new houses and shops of various kinds had been erected, but with due regard to the accommodation of the working classes.

‘At the outset the Town Council had contemplated a rate of sixpence in the pound and a loss on the whole transaction of £200,000, but the sixpenny rate was only requisite for a single year; it was kept at fourpence for two years, and had since been reduced to threepence, with the prospect of soon being fixed at twopence, while the capital loss was not expected to exceed £50,000 at most.

‘The process of demolition was protected by a provision in the Act which prohibited the ejectment of more than 500 of the population at once without a certificate from the sheriff that accommodation for the number removed was obtainable in the neighbourhood.

‘Improvements in Edinburgh have been prosecuted under a local Act granted in 1867, based on the same principle as that of Glasgow, and containing similar provisions. The results have been equally satisfactory.’

(To be continued.)

1877, in which it was stated that a portion of the site of a burial-ground was being occupied by working men and their families under the provisions of the Artizans Dwellings Act; and whether, having regard to the statements made in that report, the right hon. gentleman could and would do anything to bring about an alteration.

MR. CROSS said it was his desire some time ago to have made an order to close this place, and to have had it covered over with soil, but he found on inquiry that he could not do so. The same proceeding had been attempted by his predecessor, Sir G. Grey, but the law officers of the Crown advised him that he had no power to carry it out. If the statement in the report were true, he thought the local authorities should indict the owners of the buildings. He could not conceive anything more injurious to the population, or more scandalous.

[We have inquired into this matter, and find (1) that no dwellings have been erected on the site under the provisions of the Artizans Dwellings Acts; (2) that two small shops have been erected for dwellings, and that these are built upon a solid substratum of concrete, besides which, the floors and walls of the houses are absolutely *damp-proof*; (3) that an important department of the Post Office has recently erected workshops on part of this very site; and (4) that Mr. Cross might very properly say, respecting his desire to ‘cover the place with soil,’ that he found it to be impracticable, seeing that so much soil has already been deposited there that the site now more resembles a small mountain than anything else. But seriously, it cannot be intended to prohibit further building on what is really a valuable property. What the authorities ought to do is to take care that due caution is observed in developing the property, so that all objections on sanitary grounds may be obviated.—ED.]

ODE TO NIGHT.

BY MRS. J. M. O'CALLAGHAN.

Dark-browed, majestic, pale recumbent Night!
Thou Queen of dreams and solitude and thought!
Thy shadowy tresses, floating on the winds,
Curtain the sleeping Earth with gentle care.
Thy star-gemmed robe of azure fills the sky,
And sweeps along the horizon's distant bound!
The bright, the regal, love-inspiring Day
To thy calm reign hath abdication made:
Wrapt in the mantle of his golden locks,
He smiling sinks to sleep, and dreams of thee.
He dreams of thee!
His unknown, unapproached, yet near Divinity!
O Night! O gentle, sombre, melancholy Night!
Thy sighs are to the sweetest minor tuned,
Thy great, bright, mournful eyes are full of tears—
They fall and glitter on thy robes—
We call them stars!
O beauteous Regent! watching o'er thy Love,
Thy glorious love! who never saw thy face,
Thou waitest, meekly kneeling at his throne:
The Day doth quench thy brightness in his own;
Thou waitest till the voice of Eventide
Shall bid thee rise, and watch his slumbers deep:
Thine endless task, of true devoted care,
That hath been, will be, through Time's long career.
Thy sighs are vain, in vain thy tears will be,
He gazeth everywhere, but not on thee!
Wearied with sighs, and tears, and vigils long,
A muse of Tragedy thou dost arise;
And (covering o'er thy gorgeous robes, O Night!)
In mantle thick of darkness treadest Earth.
Lo! in its ample folds are deeds of crime,
In secret wrought, unchronicled by Time!
The lightning flashes from thy glorious eyes;
Thy sorrow, changed to woe, in shrieks resounds;
Thy heart, too full with palpitations strong,
Beats with a giant passion in thy breast—
Clasp thy clenched hands, and pray the God of light
Thy storm to calm, impassioned frantic Night!

ARTIZANS DWELLINGS IN ISLINGTON.

HOUSE OF COMMONS.—THURSDAY, JULY 12TH.

MR. WADDY asked the Home Secretary if his attention had been called to a report of the medical officer of the Islington district, dated March 16,

HYGIENE.

ATHLETISM.—BOAT-RACING.—EXCESSIVE PHYSICAL EXERTION.

BY R. CLARK NEWTON, LIC. MED., C.M., M.R.C.S.E.

By way of introduction we must explain that our subsequent remarks are not intended as a condemnation of athleticism in the form of moderate muscular exertion, nor must it be understood that we wish to see competitive trials of physical strength abandoned, as we are fully aware that such go far to develop and preserve the manliness and stamina of all classes; but we desire to direct attention to the evils of over-exertion, and to the fact that indomitable perseverance, love of applause or notoriety, induce many persons to engage in such exercises, games, or competitions, whose frames are not adapted to physical strain. Our object is rather to encourage than otherwise most forms of muscularity, for although athletics receive considerable attention at the hands of a certain section of the public, it must be admitted that they are not practised or supported in modern days as of old; for instance, we may recall to mind the encouragement that this art received by the Greeks and Romans. The Olympic games were doubtlessly immensely popular, and admirably calculated to qualify the effeminate tendencies of the Greek climate, whilst at the same time they prepared and stimulated their youths to perform in battle the deeds of valour, strength, and activity required from all who loved their country or were ambitious of promotion. We find Demosthenes, the orator, and Julius Cæsar, the soldier, alike practising and constantly advocating athleticism or muscular development. But we do not find it often on record that the ancients pushed physical effort to the point of extreme exhaustion or death, as occasionally seen in the present age. Unfortunately, most of our pastimes, instead of being simple examples of skill or moderate training, are too often mere exhibitions of muscular endurance or brute strength. The pedestrian must walk a thousand or two miles in a thousand hours—the bicyclist propels his instrument wearily and monotonously round and round a close building to acquire the, perhaps, dearly bought title of champion, instead of contenting himself with a quiet scamper round the green suburbs of his town—and the boat-rower expends in the race his last effort, and is perhaps taken fainting from his boat.

It may be beneficial to refer to a prevalent error in the practice of a large section of the public, who though not professional athletics, frequently resort to violent or spasmodic exercise for the purpose of qualifying sedentary occupation. For example, a person who, as a rule, never walks more than to and from his office or place of business, endeavours, on the occurrence of a public holiday, to make up for past confinement by walking ten or twenty miles, or, if engaged in business most of the day, he seeks by violent boating, running, walking, or dumb-bell practice to improve and keep up the tone of his general health. Now, the exercises mentioned serve the purposes intended admirably, if used discriminately; but, unfortunately, there is a general tendency to make *speed* serve what should be attained by *time*. In mechanics the engineer often substitutes speed for time, but the result is vastly different

when we attempt to strengthen muscle or improve nerve power by a rapid 'spin on the river,' or 'a good half-hour's go at the dumb-bells,' or a 'bursting run.' Such are useless expenditures of physical power. Exercise, to be permanently useful, must stop considerably short of exhaustion, and must, therefore, be used moderately, and extended over a long period; that is, exercise should be passive rather than active. The error is greater still if indulgence in rapid or violent exercise is taken up after middle age.

To understand some of the evils resulting from this spasmodic form of training we must recall the physiological effects of exercise or exertion upon the respiratory and circulatory systems. First: the number of respirations are increased from fourteen or eighteen per minute to perhaps forty, a rate often attained in boating or other violent exercise. Secondly: the heart's pulsation may run up from seventy to one hundred and fifty per minute. If, then, the heart is sending volumes of blood at this rate round the system, it is necessary for the rapid respiratory action to be maintained, otherwise the blood becomes overcharged with carbonic acid, and the result is 'loss of breath,' or 'stitch in the side.' Under such circumstances the lungs become saturated with blood, and present a condition that may be likened to a sponge soaked in water. In the case of individuals who have not been in training, or who undertake violent exertion when advanced in years, we find the large arteries cannot adapt themselves—do not yield—to the sudden and great pressure of blood pumped into them by the rapid action of the heart; a blockage in the circulation, therefore, occurs, which either ends fatally at once, or the strain of the increased pressure lays the foundation of some of the diseases to be presently referred to. If exercise is taken moderately, and its quantity and speed increased gradually, the power to maintain strong respiratory efforts is acquired, and the arteries also learn to accommodate themselves to the strong and rapid strokes of the heart.

Reference may here be made to the evil tendencies of competitive physical exercises as practised by some youths in their school games. Of course, the young require, and are more adapted for, exercise than the adult, but there seems to be a particular age when they should refrain from any straining exertions. It is shown that development is most active from fifteen to seventeen. A boy of thirteen years ought to average a height of fifty-five inches; at fourteen he will have gained another inch; from fifteen to sixteen he will add on an average three inches to his stature; and from sixteen to seventeen the increase should extend to as much as four inches. After this age any increase is slow, and will probably not exceed one inch per annum. It will therefore be evident that violent exercise, especially of a straining nature, may, if practised between fifteen and seventeen, seriously interfere with growth and development, and lay the foundation of future disease. The result may be immediately disastrous if the boy is the subject of any constitutional disease of the head, heart, or lungs. On the same principle owners of race-horses object to run their two-year-olds, as experience has shown that such a practice usually renders the animal subsequently valueless.

The physiologist deduces from calculations, too lengthy for explanation here, the daily expenditure of force or power in the ordinary working of the machinery of the body, and the

amount available for extraordinary effort. The amount of force daily expended by a man weighing 150lbs. has been estimated at 3,400 foot tons, *i.e.*, the capacity of lifting 3,400 tons one foot high. So much as 2,840 of this amount are required for the purpose of maintaining the heat-producing energies, and 260 in the supply of the nervous power by which such internal functions as digestion, secretion, etc., are supported, and the remaining 300 are available for external or muscular work. These quantities vary with the individual, but averages have been taken of the energies expended in the performance of certain works: thus, eight hours pile-driving equals a force required to lift 312 tons one foot high; turning a winch, 317 tons one foot; and rowing one mile in an out-rigged eight-oar, 18'56 tons raised one foot. Now, as a healthy man may safely reckon upon having 300 foot tons of muscular power at command for each day's external muscular work, it will be seen that the amount of such expended during a boat race is trifling indeed, nor is the rapidity of its expenditure of any great importance, in a short distance; but if the race covers five miles (that is, $18'56 \times 5 = 92'80$ foot tons), then the rapidity of expenditure becomes an important matter, but it is still not wholly out of proportion to the amount of force at command. We say at command, for when the athletic borrows from his own system by strain, he should know that he can never repay the loan—it is so much energy or vital power lost for ever.

(To be continued.)

THE WATER SUPPLY OF LONDON.

A DEPUTATION from the Protestant and Roman Catholic Temperance Leagues, headed by Cardinal Manning and Mr. Hanbury, M.P., had an interview on Saturday last with Mr. Cross, at the Home Office, to urge upon the Government the expediency of taking over the water companies, in order to secure a purer and constant supply of water to the metropolis.

Cardinal MANNING, in introducing them, said their deputation consisted wholly of working men representatives, who could bear personal testimony to the evils their class endured respecting the water supply. Being water-drinkers, they could speak with weight on the subject of the quality of the water. First, as regarded the death-rate of the people, they in a degree, attributed its extent to the quality of the water, and to the evils of intemperance, which latter they believed was promoted by the vicious state of the water. His Eminence read a statement, which he said he should rely upon, dealing with the scientific character of the matter, to bear out their case. First, the percentage of deaths from epidemics occurring to (1) nobility, gentry, professional persons, etc.; (2) middle-class families, etc.; (3) wage-classes, artisans, labourers and their families. The death-rate was in the first case 6 per cent., in the second 20 per cent., in the third 22 per cent. of the population. The proportion of deaths of children under one year of age, to births in one year, was 1 to 10 in the first class, 1 to 6 in the second class, and 1 to 4 in the third class. The proportion per cent. of deaths of children under 10 years of age to the total deaths of each class were, in the first class 24 per cent., second class 52 per cent., third class 40 per cent. The main age of deaths, that was, the age at which men, women, and children had died in the three classes was—first class main age 44 years, second class 23 years, third class 22 years. Lastly, the main age of all who died above 21 years was—first class 61; second class 50, third class 49. Those tables were trustworthy. He had an industrial school with 200 boys, and in the course of a year or two, the death-rate among them rose to 13 per cent. After a close examination it was traced to a well, from

which the water was supplied to the school, and the source of supply was at once closed. The repulsive character of the water supplied, and the impossibility of using it as a common drink for food, was one of the great hindrances which stood in the way of temperance habits, and caused men to destroy themselves by recourse to intoxicating drinks. Sir Charles Read had written him as follows: 'I greatly regret I cannot obey your summons to be present to-day with the deputation. The utmost excuse ought to be made for the poor, owing to the deficient supply and the bad storage of the water. They cannot have pure water to drink, and to my certain knowledge this is the reason why men go to the public-house. The children of our schools suffer greatly from want of good water, and they often say they cannot get the same water that we supply in our playgrounds.' Passing over any comment on that, he said the water drawn from the Thames must be said to be impure in its source, and insufficiently filtered in its conveyance, and utterly spoilt and tainted by the want of proper vessels in the houses of the poor, where the supply being intermittent, the water was stored up in cisterns, tanks, and butts, which were fouled beyond description, and which no ordinary care could keep adequately clean. So it seemed to them, therefore, that there were physical impossibilities in the way of conveying wholesome and pure water to the dwellings of the poor. He ventured to say that no private companies could ever hope to remedy the evil, it being too gigantic. Those companies began to supply London when it was considerably less gigantic than now. The right and proper work of supplying good water could only be done by Government action. He and the deputation believed, that if at first in the introduction of a new system there was any increase in the rates, it should be borne cheerfully, because it would in due time be diminished by a decrease in the expense of management, etc., so that there would be a great pecuniary gain, for the burdens upon the ratepayers would lessen as time wore on. They were of opinion, then, that it could only be done by a proper metropolitan authority. They felt that the morals and the whole condition of the people were involved in the issue; for they believed the constitution of the people was being wrecked extensively at that moment by the prevalence and increasing vice of intemperance, and the repulsive character of the water, to the great destruction of life, the wrecking of homes, the deterioration in the morals of the people, and the poisoning of the most necessary article of food which so many of the poor were compelled to drink because they had nothing else. (Hear, hear.)

Mr. HIGGLES (representing Southwark), Mr. O'BYRNE (Camberwell), and several other representatives from different parts of London, supported the remarks of Cardinal Manning.

The HOME SECRETARY, in reply, said: 'I think his Eminence will not expect me to say much more to-day, except that I am extremely glad to see him at the head of a movement which has for its object the benefit of all classes, especially of the poorer classes, in this great metropolis. I must also say I am very glad to see so many of the actual working men themselves speaking from their own experience as to what they find to be the case. I hope that his Eminence will believe me when I say that if I can be of any service in obtaining pure air and pure water in a town like this, it will be a satisfaction to me, and no endeavour will be wanting on my part to bring that about.'

The deputation thanked Mr. Cross for his courtesy and retired.

THE MANUFACTURE OF WHOLE MEAL BREAD.

THOSE of our readers who take an interest in this important question will note with pleasure the announcement made in our advertising columns respecting the Founders' Co-operative Association. We hail with pleasure the fact that a commercial company is about to undertake the manufacture of the 'Staff of Life,' and shall take an early opportunity of making ourselves acquainted with the details of the scheme.

DIETETICS.

FOOD AND FEEDING.*

BY SIR HENRY THOMPSON.

(Continued from page 252.)

IN the north of Africa, Arabia, and some neighbouring parts, the date, which contains sugar in abundance, is largely eaten, as well as maize and other cereals.

Crossing to Europe, the southern Italian is found subsisting on macaroni, legumes, rice, fruits, and salads, with oil, cheese, fish, and small birds, but very little meat. More northward, besides fish and a little meat, maize is the chief aliment, rye and other cereals taking a second place. The chesnut also is largely eaten by the poorer population, both it and maize containing more fatty matter than wheat, oats, and legumes.

In Spain, the inhabitants subsist chiefly on maize and rice, with some wheat and legumes, among them the garbanzo or 'chick pea,' and one of the principal vegetable components of the national olla, which contains also a considerable proportion of animal food in variety, as bacon, sausage, fowl, etc. Fruit is fine and abundant: especially so are grapes, figs, and melons. There is little or no butter, the universal substitute for which is olive oil, produced in great quantity. Fowls and the pig furnish the chief animal food, and garlic is the favourite condiment.

Going northward, flesh of all kinds occupies a more considerable place in the dietary. In France the garden vegetables and legumes form an important staple of diet for all classes; but the very numerous small land proprietors subsist largely on the direct products of the soil, adding little more than milk, poultry, and eggs, the produce of their small farms. The national *pot-au-feu* is an admirable mixed dish, in which a small portion of meat is made to yield all its nutritive qualities, and to go far in mingling its odour and savour with those of the fragrant vegetables which are so largely added to the stock. The stock-meat eaten hot, or often cold, with plenty of green salad and oil, doubtless the most palatable mode of serving it, thus affords a source of fat, if not otherwise provided for by butter, cheese, etc.

Throughout the German Empire, the cereals, legumes, greens, roots, and fruits supply an important proportion of the food consumed by the common population. Wheaten bread chiefly, and some made from rye, also beans and peas, are used abundantly. Potatoes and green vegetables of all kinds are served in numerous ways, but largely in soups, a favourite dish. Meats, chiefly pork, are greatly esteemed in the form of sausage, and appear also as small portions or joints, but freely garnished with vegetables, on the tables of those who can afford animal diet.

This country purchases every year a large and increasing quantity of corn and flour from foreign countries, while more of our own land is yearly devoted to grazing purposes. The value of corn and flour imported by Great Britain in 1877 was no less than £63,536,322, while in 1875 it was just over

£53,000,000. The increased import during the last thirty-two years is well exhibited in the following extract: 'In 1846 the imports of corn and flour amounted to seventeen pounds' weight per head of population; in 1855 they had risen to seventy pounds per head; and in 1865 to ninety-three pounds' weight per head of population. Finally, in 1877 the imports of corn and flour amounted to 170 pounds' weight per head of population in the United Kingdom.'

Lastly, those who are interested in the national supply of food must lament that, while Great Britain possesses perhaps the best opportunities in the world for securing a large and cheap supply of fish, she fails to attain it, and procures so little only, that it is to the great majority of the inhabitants an expensive luxury. Fish is a food of great value; nevertheless it ought in this country to be one of the cheapest aliments, since production and growth cost absolutely nothing, only the expenses of catching and of a short transport being incurred.

I have adverted to the bread of the labourer, and recommended that it should be made from entire wheat meal; but it should not be so coarsely ground as that commonly sold in London as 'whole meal.' The coarseness of 'whole meal' is a condition designed to exert a specific effect on the digestion for those who need it, and, useful as it is in its place, is not desirable for the average population referred to. It is worth observing, in relation to this coarse meal, that it will not produce light agreeable bread in the form of loaves; they usually have either hard flinty crust, or soft dough-like interiors; but the following treatment, after a trial or two, will be found to produce excellent and most palatable bread. To two pounds of whole meal add half a pound of fine flour and a sufficient quantity of baking powder and salt; when these are well mixed, rub in about two ounces of butter, and make into dough with half milk and water, or with all milk if preferred. Make rapidly into flat cakes like 'tea-cakes,' and bake in a quick oven, leaving them afterwards to finish thoroughly at a lower temperature. The butter and milk supply fatty matter in which the wheat is somewhat deficient; all the saline and mineral matters of the husk are retained; and thus a more nutritive form of bread cannot be made. Moreover, it retains the natural flavour of the wheat, in place of the insipidity which is characteristic of fine flour, although it is indisputable that bread produced from the latter, especially at Paris and Vienna, is unrivalled for delicacy, texture, and colour. Whole meal may be bought; but mills are now cheaply made for home use, and wheat may be ground to any degree of coarseness desired.

Here illustration by receipt must cease; although it would be an easy task to fill a volume with matter of this kind, illustrating the ample means which exist for diminishing somewhat the present wasteful use of 'butcher's meats' with positive advantage to the consumer. Many facts in support of this position will appear as we proceed. But another important object in furnishing the foregoing details is to point out how combinations of the nitrogenous starchy, fatty, and mineral elements may be made, in well-proportioned mixtures, so as to produce what I have termed a 'perfect' dish—perfect, that is, so far as the chief indication is concerned, viz., one which supplies every demand of the body, without containing any one element in undue proportion. For it is obvious that one or two of these elements may exist in injurious excess, especially

* These extracts are taken from a valuable article by Sir Henry Thompson in the June number of the *Nineteenth Century*.

for delicate stomachs, the varied peculiarities of which, as before insisted on, must sometimes render necessary a modification of all rules. Thus it is easy to make the fatty constituent too large, and thereby derange digestion, a result frequently experienced by persons of sedentary habits, to whom a little pastry, a morsel of *foie gras*, or a rich cream is a source of great discomfort, or of a 'bilious attack;' while the labourer, who requires much fatty fuel for his work, would have no difficulty in consuming a large quantity of such compounds with advantage. Nitrogenous matter also is commonly supplied beyond the eater's want; and if more is consumed than can be used for the purposes which such aliment subserves, it must be eliminated in some way from the system. This process of elimination, it suffices to say here, is undoubtedly a prolific cause of disease, such as gout and its allies, as well as other affections of a serious character, which would in all probability exist to a very small extent, were it not the habit of those who, being able to obtain the strong, or butcher's meats, eat them daily year after year, in larger quantity than the constitution can assimilate.

The art of frying is little understood, and the omelette is almost entirely neglected by our countrymen. The products of our frying-pan are often greasy, and therefore for many persons indigestible, the shallow form of the pan being unsuited for the process of boiling in oil, that is, at a heat of nearly 400 deg. Fahr., that of boiling water being 212 deg. This high temperature produces results which are equivalent indeed to quick roasting, when the article to be cooked is immersed in the boiling fat. Frying, as generally conducted, is rather a combination of broiling, toasting, and scorching; and the use of the deep pan of boiling oil or dripping, which is essential to the right performance of the process, and especially preventing greasiness, is a rare exception, and not the rule, in ordinary kitchens. Moreover, few English cooks can make a tolerable omelette; and thus one of the most delicious and nutritious products of culinary art, with the further merit that it can be more rapidly prepared than any other dish, must really at present be regarded as an exotic. Competent instruction at first and a little practice are required, in order to attain a mastery in producing an omelette, but these given, there is no difficulty in turning out a first-rate specimen. The ability to do this may be so useful in the varied circumstances of travel, etc., that no young man destined for foreign service, or even who lives in chambers, should fail to attain the easily-acquired art.



CURRENT OPINIONS AND EVENTS.

SPEAKING at the annual dinner of the Savage Club on Saturday last, after referring to the 'age of patronage' in literature, Mr. Gladstone said:

'Now we have entirely passed out of that phase, and no man in literature now, be he small or be he great, thinks of a patron. The one patron of the nineteenth century is the public. It is not a perfect patron; its judgment is uncertain—much it overvalues, much it undervalues; it is ignorant of much that deserves its notice; but, notwithstanding these defects, it is, I believe, upon the whole, a truer patron and a juster patron, and a more munificent patron, than letters have

ever had before, at any rate in modern times and in the modern condition of society.'

In the case of 'Shepherd v. Francis,' tried in the Common Pleas, Mr. Robert Browning appeared as a witness, and, after he had been sworn, Mr. Serjeant Parry said, 'I do not ask you, sir, who you are. I would as soon think of asking William Shakespeare who he was.' Mr. Browning was emphatic in his condemnation of Mr. Shepherd's republication of Mrs. Browning's earlier poems, stating that he 'objected altogether to their publication.'

The statistics regarding the effect of bad water upon the death-rate, to which Cardinal Manning directed Mr. Cross's attention on Saturday, and which we give in another column, are of the highest importance. The Cardinal deserves well of his poorer brethren for his incessant labours for their physical well-being.

Lord Derby's presidential address to the Farmers' Club at Liverpool deserves to be closely studied by all who take an interest in the present condition of agriculture. It is a valuable and suggestive contribution to the discussion of the question.

At an inquest recently held at Bolton a sad state of things was disclosed. A baby had been entrusted by its mother to the care of a nurse-girl, as is customary with factory-hands. The mother supplied for administration a sleeping-draught heavily laden with opium. The girl used the perilous draught, and when before the coroner she stated that 'it was a good thing for curing cross children!' The child died from the effect of the poisonous compound, which the vendor, a Mrs. Atkinson, told the coroner her family had made and sold for fifty years. It is no wonder that infant mortality is alarmingly great, or that we are frequently reminded by scientists that there is in progress a gradual deterioration of race. Opium in childhood and alcohol during adult life will inevitably produce these results.

Among the numerous resolutions passed in eulogy of the late William Lloyd Garrison, that written by Mr. John Bright and adopted on Saturday last by the Cobden Club, is, perhaps, as good an example of that kind of declaration as could be produced. As a rule such resolutions distribute the glory about equally between its subject and authors. Indeed, the one passed by the Good Templars at Birmingham the other day said one word for Mr. Garrison and two for themselves. The resolution of the Cobden Club was as follows:

'The committee of the Cobden Club have heard with deep regret of the death of William Lloyd Garrison, the friend of the negro. His life has been devoted to the service of justice and freedom; the black man owes him lasting gratitude, for he mainly created the conditions which made negro slavery in the United States of America impossible, and negro freedom certain; the white man owes him thanks for the lesson he has taught him, that the persistent labours of humble men in a righteous cause have promise of success. A great nation will reckon him among the noblest of her sons, for he led the way to that freedom which by her Constitution was intended to be, and which is now, the possession of all her children. The committee of the Cobden Club wish by this resolution to place on record the expression of their reverence for the life, and

their sorrow for the death, of one of the most eminent among the honorary members of the club.'

The *Times* of Wednesday, the 11th inst., announced the death, on the previous afternoon, at North Stoneham, near Southampton, of the Rev. Canon Frederick Beadon, believed to be the oldest clergyman in the Church of England. Born in London, December, 1777, Mr. Beadon was consequently in the 102nd year of his age. According to the *Times*:

'He graduated at Trinity College, Oxford, in the first year of the present century, and in 1811 became vicar of Tetley, and was in the same year presented to the rectory of North Stoneham, in succession to his father, which he has held ever since—a period of sixty-eight years. In 1812 he was made a canon of Wells Cathedral, which place he regularly attended as canon in residence until within a comparatively recent period. The rev. gentleman was the last of the old freemen of the borough of Southampton, and his name has for many years been the only one remaining on the annual Parliamentary register of a class of electors swept away by the first Reform Bill, existing holders of that franchise alone retaining the right. Mr. Beadon was one of the founders of the Southampton Savings Bank, of which institution he was for over sixty years a manager, and for many years the chairman, regularly taking his turn of duty until within the last three or four years, and was a constant visitor at its quarterly meetings. When he attained the age of 100 the corporation of Southampton presented him with a congratulatory address, and his Savings Bank colleagues had a successful photograph taken of their venerable coadjutor, which is hung in the bank-room. The aged canon replied to the address in his own handwriting. Her Majesty the Queen also sent him an autograph letter on the same interesting occasion. Mr. Beadon was a great lover and supporter of horticultural pursuits and a hearty patron of cricket, and no longer ago than last summer he was seen seated under an oak tree, which he had himself planted in his grounds, watching with much interest a match which was then being played. During the past severe winter the venerable gentleman had shown occasional symptoms of ill health, and he peacefully passed away about five o'clock on Tuesday afternoon, beloved by everyone who enjoyed the privilege of his acquaintance, and respected by all. The bells of Holy Rood and St. Michael's Churches, in Southampton, rang muffled peals in the evening. The value of the rectory of North Stoneham is stated to be £536 per year, with residence, and the appointment is in the gift of the trustees of the late Mr. J. B. Wills Fleming, of Stoneham Park, who died some six or seven years ago, and who when an infant was christened by the now deceased rector.



DOMESTIC ECONOMICS.

THE FURNISHING OF TOWN HOUSES.

(Continued from page 253.)

In small bed or dressing rooms for bachelors it was suggested that the mantelpiece may form a sort of dressing-table, having above the shelf, and on either side of a large looking-glass, cupboards; the mirror could be flanked by light movable brackets for gas or candles; the whole of the woodwork could be of stained and polished deal.

The lecturer took his audience through a London house,

'upstairs and downstairs, and in my lady's chamber,' suggesting at every turn some arrangement for providing additional comfort and refinement. In the narrow passage-way, dignified in London by the title of the hall, Mr. Edis proposed to place one or two chairs of plain oak, or a long deal settle, with plain rail back and elbows, and incorporated with the latter, a small umbrella-stand, having a zinc tray at the bottom, and a curved brass rail at the top; in the inner hall, a simple cupboard, with sliding-doors, and containing shelves for coats, and a sliding rack for hats, and hooks or pegs for sticks and umbrellas above; the top may be made of unpolished oak or marble, for use as a serving-table.

On landings, a divan or stuffed seat of the plainest description may be placed, and over it may be thrown a piece of coloured stuff or silk, receptacles for plants or flowers being arranged at each end. In the dining-room everything should be as comfortable and convenient as possible, designed for use, not show. The chairs should be broad-seated and backed, the seats and backs stuffed, with strong serviceable leather or morocco coverings; he hardly liked to hint at rush bottoms, but he believed these to be as comfortable as leather, and if made in various colours, as pleasant to look at. In addition to these, there ought to be two arm-chairs, of ample dimensions for comfort, and one or two lounge chairs. The most sociable table is a round one, about 4ft. 8in. or 5ft. in diameter, on one massive central support, expanding into an elongated oval. Nothing shows off flowers and silver better than an ebonised top, left open in the centre, with good linen slips on the sides for dinner, removed before the wine comes in. Instead of the ordinary sideboard a solid buffet would be preferable, the lower portion being fitted with a cellaret and liqueur tray; within, a panelled cupboard front on one side, and a cupboard and drawers for plate on the other; for convenience in serving, the central portion may be made with a sliding hatch communicating with the room behind, or there may be a light lift from the basement. The panels of the doors, when sufficiently high to be seen, may be filled in with low carving in relief, in box, or other hard wood, or with marquetry, or Japanese lacquers. Panel painting is preferable for decorating purposes to carving, turning, or fret-work. Good deal panelling, painted of some warm colour, if free from elaborate mouldings, is almost as inexpensive as some of the gorgeous pattern flock papers, painted in several tints, with which it is considered necessary to make dull and heavy the walls of many a London dining-room.

For lighting, a central hanging-lamp, with good shade of subdued or warm-tinted glass, is far preferable to any contrivance for burning the filthy compound which the gas companies are content to give to us long-suffering inhabitants. For hangings, there are innumerable varieties of tissues from which to select, and on the walls of the room were hung a number of specimens of coloured damasks, lent by Mr. William Morris. A plain brass rod, or piece of 1½ in. gas-piping, painted, is ample for curtain-rods. Nothing, the lecturer thought, can be worse than the heavy lacquered brass or wood poles, and unmeaning friezes or valances, which only serve to hide dust, and are execrable in taste.

The library should be as comfortable as possible, with broad easy chairs, low centre-table, with plenty of drawers and pigeon-holes, and a large pedestal-desk, with circular revolving top,

to shut up on papers; everything should be arranged for preventing the accumulation of dust, and for this reason the floor ought to be painted all over. The room should be surrounded with bookcases, with sliding-fronted cupboards for periodicals, and drawers for prints and photographs, and all the shelves can be made of plain deal, stained and polished, and fitted at the cornice-level with spring-roller blinds, which can be drawn down at night and fastened with a clip, so as to preserve and protect the books.

No set rules can be given for the furnishing of the drawing-room, as that must largely depend on the good taste of the lady of the house. Any, and every, class of decoration and ornament may here be brought together, so long as there is some sort of careless harmony of grouping and colouring. We do not want, he said, our drawing-rooms to be filled with stiff, uncomfortable furniture; nor yet to be museums in which we fear to walk or move about; nor yet showrooms from which the coverings are removed only on grand occasions; but we require pleasant, cheerful rooms in which the collection of furniture and objects of art shall tend to make them more homelike and habitable. By all means have works of all kinds of art surrounding you; but, depend upon it, your enjoyment of them will be materially increased if they are carefully arranged and harmoniously set out.

As the bedrooms of a London house are, as a rule, sacrificed in height to the reception-rooms below, it is desirable to utilise every corner and recess without filling the rooms with heavy and inconvenient furniture. The recesses formed by the fire-places should, in part at least, be filled with hanging closets, which can be screwed to the walls and removed at will, carried quite up to the ceiling; the whole may be fitted with shelves, hooks and rails, and sliding shelves, and drawers, and enclosed with folding doors in two heights, the lower panels being filled with plate glass. In the dressing-table might be nests of drawers on either side of a cupboard in the lower portion. If any panels in the room are decorated at all, let it be done with some pleasant drawing in monochrome or diaper enrichment; which shall not suggest spottiness and crudeness to those who have to lie long hours and look at them. He could not agree with the fashion which is endeavouring to revive the heavy wood bedsteads of our ancestors; nothing can be better or more cleanly than painted iron or brass bedsteads with light hangings, cheerful yet subdued in colour.

One suggestion made by Mr. Edis, which would appear to need a good deal of consideration on sanitary grounds prior to application in any instance, was that if it be possible to get waste-pipes away so as to empty free into the open air, and not attached in any way to the drains, instead of the ordinary wash-handstand with fittings of porcelain or earthenware so liable to breaks and damage, one of the common tip-up basins should be introduced, fitted in a suitable frame, and with water laid on from the nearest cistern. This he regarded as infinitely more convenient and serviceable in all ways, and it would certainly, as he pointed out, save the domestic drudge a considerable amount of labour.

The lecturer insisted on the point that the aim of all true art in furniture, as in everything else, should be to produce good work for the million, so that at a moderate cost things beautiful in design, detail, and colour may be brought into everyday use.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

AUDITORS—WHO SHOULD SELECT THEM?

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

It is of importance to ascertain the causes of the recent disgraceful bank failures. But what are the real facts of the case? It is not many years since the two principal joint-stock banks in London suffered very serious losses from the frauds of Messrs. Alexander Collie and Co., and one of the principals in those frauds was a director of one of the defrauded banks, and I am unable to recollect a single bank failure having occurred since that time but what has been directly or indirectly occasioned by losses incurred through advancing large sums of money to one or more of the bank's directors, or those with whom they were connected.

While directors appoint and pay the auditors, I consider the shareholders in all joint-stock companies are quite unprotected, except by the Limited Liability Act, for they are really without any guarantee of the correctness of the 'Report and Balance-sheet.'

I have been in the habit of attending the meetings of certain joint-stock banks and other companies for several years, and my observations and some bitter experiences have convinced me that very much of what is done and said at those meetings is a sham and a mockery; that it is all arranged beforehand, even to the confirmatory and congratulatory speeches made by certain delighted shareholders placed to directors' order here and there about the room, and that the shareholders who attend those meetings know just as much about the real state of the company's affairs after the meeting as they did before. What the directors know is—*tout autre chose.*

Directors of joint-stock companies belong to one of the privileged classes represented in Parliament; hence the difficulty in obtaining legislation to prevent their frauds, or to justly punish them for their crimes. When the accounts of joint-stock companies are periodically inspected by Government officials, made liable to severe punishment for any neglect of duty, as is the case in France, the frugal and industrious classes of England may hope for some protection from some of the frauds of the most gigantic and heartless swindlers with which their native land is infested.

I am, sir, yours truly,
DEVONIENSIS.

Lower Norwood, June 9.

OUR FRUIT PROSPECTS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

It has been so generally intimated that fruit-crop prospects are so good this year, that it may be as well, at the risk of dispelling a too fond hope, to state the facts, in so far as they have come under my own immediate observation. I find that even where abundant—nay, I may say superabundant—bloom existed upon plums, cherries, and, in many instances, apples and pears, a very meagre crop only of each remains now as a result. Even the apple-trees, which in many instances were very fairly laden with bloom, are very far below medium, and even some blooms which appear to be set and forming into fruit are in so ill-developed and imperfect a state as to insure an early falling off. In Kent the plum and the cherry crop will be a poor one. The facts are that no fragile blooms, however well developed, could withstand the long and incessant cold winds, with rain, and an almost total sunless atmosphere. Beyond this, about one-fifth of the blooms were injured whilst in the bud or embryo state. Filberts are thus far, however, a good crop. Gooseberries are fairly numerous, but the berries are so irregular in size as to constitute them poor fill-baskets. Strawberries look exceptionally well, hereby destroying an erroneous theory that they are partial to dry seasons only. Raspberries look equally well; whilst currants may be good as regards the black, but probably hardly at medium as regards both red and white. The prospects are thus, I regret to say, increasingly depressing to the fruit-farming interest.

I am, sir, etc.,
WILLIAM EARLEY.

Ilford, June 10.

HOUSE CONSTRUCTION ON SANITARY PRINCIPLES.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR—

Permit me to return my thanks to your correspondents of May 24th and June 14th respectively, and likewise to yourself, for the publication of the notices respecting the two houses built by me in Church Street, Islington.

It is some consolation, after the odium that has been heaped upon me by designing and interested parties, to find that other observers are investigating the matter. And as my action for libel against the *Daily Telegraph* will come on in a few days, I am very anxious that the public should be in full possession of the facts of the case.

I am, sir, yours respectfully,
156, St. John Street Road, E.C., June 16. THOMAS BOUFFLER.

GEMS OF THOUGHT.

I gather up the good-lisome herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

To tax any trade so that it cannot subsist under the payment is not a means to raise the money, but to destroy the trade. That the dearness of a thing lessens the consumption, is a maxim which no man can deny; but there are some things of so diminutive a nature that their spreading arises merely from the consideration of their being trifles. Such are the innumerable little printed tracts, from the ballad and primer at the price of one halfpenny to the pamphlets of sixpence. When these come to be taxed, will they be sold? Let any man judge by the tax upon almanacs laid on last year, when a printer in Scotland returned 495 out of 500 stamps. It is stated that the number of almanacs printed was three-fourths less than usual, and that 60,000 stamps were returned to the government unsold.

De Foe.

There can be slain
No sacrifice to God more acceptable,
Than an unjust and wicked king.

Milton (translated from Seneca).

Many persons, after once they become learned, cease to be good; all other knowledge is hurtful to him who has not the science of honesty and goodness.—*Montaigne.*

The most curious thing in the cathedral of Lubeck is a clock of singular construction, and very high antiquity. It is calculated to answer astronomical purposes, representing the places of the sun and moon in the ecliptic, the moon's age, a perpetual almanack, and many other contrivances. The clock, as an inscription sets forth, was placed in the church upon Candlemas-day in 1405. Over the face of it appears an image of our Saviour, and on either side of the image are folding-doors, so constructed as to fly open every day when the clock strikes twelve. At this hour, a set of figures representing the twelve apostles come out from the door on the left hand of the image, and pass by in review before it, each figure making its obeisance by bowing as it passes that of our Saviour, and afterwards entering the door on the right hand. When the procession terminates, the doors close.

Clarke's Travels in Scandinavia.

Most men have occasion to look back with regret on their lost opportunities.—*Petron Arbiter.*

Wouldst thou discover the true worth of a man, behold him naked: dis-treasure him of his ill-got wealth, degrade him of his dear-bought honour, disrobe him of his purple habit, discard his pampered body; then look upon his soul, and thou shalt find how great he is. Natural sweetness is never scented but in the absence of the artificial.—*Quarles.*

Cosroes, King of Persia, in conversation with two philosophers and his vizier, asked, 'What situation of man is most to be deplored?' One of the philosophers maintained that it was old age accompanied with extreme poverty; the other, that it was to have the body oppressed by infirmities, the mind worn out, and the heart broken by a series of misfortunes. 'I know a condition more to be pitied,' said the vizier, 'and it is that of him who has passed through life without doing good, and who, unexpectedly surprised by death, is sent to appear before the tribunal of the Sovereign Judge.'—*Miscellany of Eastern Learning.*

Both virtue and birth, unless sustained by riches, are held more cheap than the sea-weed.—*Horace.*

Live and love, —
Doing both nobly, because lowly!
Live and work,—strongly, because patiently!
And, for the deed of death, trust it to God
That it be well done, unrepented of,
And not to loss. And thence, with constant prayers,
Fasten your souls so high, that constantly
The smile of your heroic cheer may float
Above all floods of earthly agonies,
Purification being the joy of pain!

E. B. Browning.

Offences ought to be pardoned, for few offend willingly, but as they are compelled by some affection.—*Hegesippus.*

THE HOUSEWIFE'S CORNER.

APPLE PIE.

Stew apples and run them through a fine sieve; add one egg; beat apple, egg, and sugar together; sweeten to taste; flavour with lemon; make crust as for a tart; bake, and when the pie is cold, beat the white of one egg with sugar as for frosting, cover the pie, and put it in the oven to brown the frosting slightly; eat cold.

TO PICKLE EGGS.

To make a good pickle, get one bushel of clean lump lime, free from dirt and all foreign matter; four quarts of fine salt, and sixteen ten-quart pails of pure water, hard or soft, and as free from vegetable matter as possible. Slake the lime with two or three pails of the water, and dissolve the salt in a pail of it, then add the salt and the balance of the water. Stir the preparation well, let it stand a short time, and stir it again three or four times. Finally, let it settle; and dip the clear pickle into the cistern or cask you are to preserve in, filling it about half full. After this has been done, dip the eggs into the pickle with a dipper or basket made for the purpose. When the cistern or cask is nearly full of eggs, and they are well covered with pickle, spread a cotton cloth over them, and spread on that a layer of two or three inches of the thick lime that is left after the clear pickle has been dipped off. Be sure that the eggs are well covered with pickle while they remain in it, and the lower the temperature of the pickle is kept the better the eggs will come out. The best arrangement for preserving eggs is to build a vat or cistern below the cellar-bottom, being careful to get it well made, tight, and from six to seven feet long, five feet wide, and four or five feet deep. Eggs pickled according to the recipe given have been known to keep well for two years.—*W. H. S. in Newcastle Chronicle.*

WATERCRESS SALAD.

Take plenty of fresh young sprigs of watercress, wash them and dry them thoroughly, put them lightly in a dish, and pour over them a mixture made with three parts of olive oil and one of lemon-juice or vinegar. To the above may be added a few sliced shalots, and a garnish of tufts of scraped horseradish.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	10	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.

HOUSE & HOME

A WEEKLY JOURNAL FOR ALL CLASSES.

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."

Edited by JOHN PEARCE.

No. 23, Vol. I.]

SATURDAY, JUNE 28TH, 1879.

PRICE ONE PENNY.

REGISTERED FOR TRANSMISSION ABROAD.



THE LATE PRINCE IMPERIAL.

USE CONSTRUCTION : OVERSE
BUILDING SOCIETIES : DISTRICTS : DOMESTIC ECONOM
"AN ENGLISHMAN'S HOME"



The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: JUNE 28th, 1879.

CONTENTS.

	PAGE
THE LATE PRINCE LOUIS NAPOLEON - - -	271
PHRENOLOGICAL SKETCH OF THE LATE PRINCE LOUIS EUGÈNE NAPOLEON BONAPARTE, PRINCE IMPERIAL OF FRANCE, BY PROFESSOR STACKPOOL E. O'DELL - - -	271
METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES - - -	272
ATHLETISM.—BOAT-RACING.—EXCESSIVE PHYSICAL EXERTION, BY R. CLARK NEWTON, LIC. MED., C.M., M.R.C.S.E. - - -	274
WHOLE-MEAL UNFERMENTED BREAD - - -	275
FARMING AND LAND AND REFORMS - - -	276
THE SIXTEENTH AND NINETEENTH CENTURIES.—A CONTRAST - - -	277
CURRENT OPINIONS AND EVENTS - - -	278
THE HEKTOGRAPH - - -	278
CORRESPONDENCE - - -	279
GEMS OF THOUGHT - - -	280
THE HOUSEWIFE'S CORNER - - -	280

THE LATE PRINCE LOUIS NAPOLEON.

NAPOLEON EUGÈNE LOUIS JEAN JOSEPH, Prince Imperial of France, the only child of the late Emperor Napoleon III. and Eugénie Marie de Guzman, was born at the Tuileries, March 16th, 1856. His christening at Notre-Dame, on the 15th of the following June, was a magnificent spectacle. At the age of six months his Imperial Highness was admitted into the ranks of the first regiment of Grenadiers of the Guard with much pomp and ceremony; and as he grew in years, this little child-prince appeared in public in his grenadier's uniform. Dressed up in uniform even in infancy, and surrounded by military from his childhood, it was only natural that he should regard soldiering as the chief business of life with princes and emperors.

As a boy of fourteen, he accompanied his father to the field of battle. The Emperor took the boy to the heights of Saarbrück, and after teaching him to point the mitrailleuse, telegraphed the memorable message to the Empress respecting Louis' baptism of blood. It will be remembered, too, that when the tide of fortune turned against France, and the Emperor wished to send the Prince back to Paris, the Empress, in writing to her husband, said:

'You tell me that you place Louis where spent balls fall; place him where the balls fall that kill.'

The story of Sedan need not be retold. On the 6th of September, 1870, the Imperial Prince arrived at Dover, and three days later he was joined by the Empress, when they took up their residence at Chislehurst. Subsequently the Prince entered the Royal Academy, Woolwich, as a gentleman cadet,

and in 1875 he passed his final examination, when he stood seventh in a class of thirty-four.

Upon the news of the Rorke's Drift disaster reaching this country, it produced a profound impression on the Prince's mind. He resolved to visit the Cape, and failing to get a commission to serve with the English force there, on the 26th of February last he announced his determination to go out as a volunteer. In a letter to M. Rouher, his highness said:

'For the last eight years I have been the guest of England. My education has been completed in an English military-school, and I have strengthened my ties of friendship with the English army by taking part in its annual manœuvres. The war at the Cape having assumed a more serious character, I have wished to follow the campaign, and shall embark in two days. I could not remain aloof and not share the dangers and fatigues of the troops among whom I have so many friends. Moreover, the time spent in witnessing this struggle of civilisation against barbarism will not for me be wasted.'

Before starting the Prince had an interview with Queen Victoria, who gave him a diamond ring as a memento of her esteem.

The startling and melancholy news of the death of the Prince has produced a profound impression throughout Europe. According to a Reuter's telegram:

'On June 1st, his Imperial Highness, accompanied by several of the officers, left General Wood's camp on a reconnaissance. The party dismounted from their horses in a meadow near the Hyotyzi river. The enemy crept up and assailed the Prince and two troopers. Their bodies have been recovered. The Prince had just returned from a three days' patrol with Colonel Buller, when none of the enemy were met with.'

A second edition of the *Daily News* of Friday last contained a telegram, which says:

'The Prince Imperial was always extremely venturesome. The body, when found, was stripped naked. There was no bullet wound, but eighteen assegai stabs. A locket, with hair medallions and reliquary, was round the neck. The face wore a placid expression. He had evidently ineffectually tried to mount, and the leather of the wallet flap tearing, he then ran along the path. Two troopers lay near assailed.'

Politicians of all shades of opinion will sympathise with the ex-Empress in this terrible bereavement.

PHRENOLOGICAL SKETCH OF THE LATE PRINCE LOUIS EUGENE NAPOLEON BONAPARTE, PRINCE IMPERIAL OF FRANCE.

BY PROFESSOR STACKPOOL E. O'DELL*

WE see a face. We meet it in the street, in the great thoroughfare. That face becomes photographed on our minds.

Thousands, tens of thousands pass us by, we forget them all; but that face has left an impression which we look at, just as you would look on a medallion, or a likeness in your locket.

Such a face is the one before us; it touches a chord, it awakens our sympathies.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

I would inquire of all who knew the original: What was it they liked, they admired most? Was it not the absence of selfishness, his openness, his unstudied candour? Did he not win you instantly by the desire he manifested to be your friend; to do something for you, to please you, to add to your enjoyment?

Compare him with the great majority of those of his own age; they are stale, flat, insipid, used up. In trying to put on an appearance of good fellowship they are loud, boisterous, rude, vulgar, slangy, coarse-minded—meeting whatever is refined, or at all bordering upon the intellectual, with rude buffoonery; thinking it quite the sign of 'ton' or good breeding to hide whatever is really good in them, and make an effort to manifest imbecility.

Here is that true gentleness of manner from which the name 'gentleman' is derived.

Here is a nobility of mind that would scorn a mean thought.

Here is 'courage' that does not require the arena of the gladiator, or a nation for an audience, but would be as truly manifested with no eye to look on, as if the universe was admiring.

That which is dying out would have lived in *him* as a bright example to many—true chivalry, such as we read in history, such as poets dream about.

This man could not make a personal enemy. Be you ever so much opposed to him in politics, religion, or anything else of importance, you could not leave his presence without liking, nay loving him.

Judging from the formation of this head, we could send out a challenge and say: Whom has he ever injured, slighted, or defrauded, been unkind to, dealt harshly with—those under him, or his peers, his horses, or his dogs, his associates, or his servants?

Is there one that will say: I have been cursed at, I have been kicked at, I have been abused and scolded? Is there man or woman who will say: I have shed a tear on his account?

All, all are silent in regard to the former accusations; but in respect to the latter, there are thousands of eyes which will be this day wet, *not from his unkindness, but because 'he is not.'*

DRYING DAMP WALLS.—The following procedure is described by a German paper as a reliable means of drying damp walls. The wall, or that part of it which is damp, is freed from its plaster until the bricks or stones are laid bare, next further cleaned with a stiff broom, and then covered with the mass prepared as below, and dry river-sand thrown on as a covering. A hundredweight of tar is heated to boiling-point in a pot, best in the open air; keep boiling gently, and mix gradually three and a half pounds of lard with it. After some more stirring, eight pounds of fine brickdust are successively put into the liquid, and moved about until thoroughly disintegrated, which has been effected when, on dipping in and withdrawing a stick, no lumps adhere to it. The fire under the pot is then reduced, merely keeping the mass hot, which in that state is applied to the wall. This part of the work, as well as the throwing on of the river-sand against the tarred surface, must be done with the trowel quickly and with sufficient force. It must be continued until the whole wall is covered both with the tar mixture and the sand. The tar must not be allowed to get cold, nor must the smallest possible spot be left uncovered, as otherwise damp would show itself again in such places, and where no sand has been thrown the following coat of plaster would not stick. When the tar covering has become cold and hard, the usual or gypsum coating may be applied. It is asserted, that if this covering has been properly dried, even in underground rooms not a sign of dampness will be perceived. About three hundred square feet may be covered with the quantities above stated.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE INDUSTRIOUS CLASSES.

(Continued from page 261.)

It is encouraging to find that this association, which is in reality the pioneer society for providing improved dwellings on a business basis, has done its work so carefully that a fairly remunerative profit has been earned for its shareholders. Considering the great difficulties, which in the nature of things beset the path of such an undertaking, the satisfactory result achieved is an evidence of great foresight and sagacity on the part of those who have had the management of the association. To the present secretary and original projector of the scheme, Mr. Charles Gatliff, much of its success in these respects is due. In 1841, Mr. Gatliff had but a feeble band of coadjutors and supporters. The late Dr. Southwood Smith, Julius Jeffries, Theodore Compton, and William Walkden were amongst those who associated themselves with Mr. Gatliff as the pioneers of the movement; and these gentlemen, nearly all of whom have passed away, with the indefatigable secretary, who, after working in the cause for more than a generation, is still in harness, must be remembered as the founders of the Improved Dwellings Movement as a commercial undertaking.

The results of the labours of this association are embodied in the statement of accounts presented to the shareholders on Tuesday the 10th inst., at

THE THIRTY-FIFTH ANNUAL MEETING,

held at the office, 8, Finsbury Circus.

There were present: Lord Claud Hamilton, M.P., in the chair; the Hon. Dudley F. Fortescue, deputy-chairman; Mr. E. Enfield, Mr. F. Halsey Janson, Mr. Lewis Loyd, Mr. F. D. Mocatta, Mr. Russell Scott, Mr. N. P. Simes, Mr. A. Pett, M.D., Mr. C. Gatliff, secretary, &c.

The annual report was read by the secretary.

The chairman, in moving its adoption, said that they had had a very successful year. Several little difficulties which had arisen last year had been removed, as for instance, the supply of water. In the last report, reference was made to the effect that the Metropolitan Board of Works was clearing sites under the Artizans' Dwellings Act, 1875, upon which to erect build-

ings for the working class; but as these offers were always restricted, and did not meet their views, they had not availed themselves of the sites. He did not wish it to appear that they were fastidious. The question had been discussed in Parliament, and there was a Bill now before the House of Commons which, though not yet passed, he was sanguine would remove some of the difficulties. A very considerable number of shares had been subscribed, being 568 in number, to the amount of £14,200 up to March last. They were now in the midst of building improved dwellings in Hoxton; they were already one-third finished, though they would not be fully ready for occupation till March next, and he had no doubt that it would prove a very successful operation and an advantageous investment. It had been announced that they were on the point of completing arrangements for securing a piece of land in Hackney, to hold buildings capable of accommodating about 112 families; but upon further consideration, they had determined to enlarge the area, so as to be capable of accommodating 169 families. He was happy to say that as usual their appearance with regard to the bills of mortality was very favourable. Out of an average population of 5,402, the deaths had only been 91, of which 60 were of children under ten years. The average rate of mortality in the buildings of the association had been 16·8 per 1,000, whilst that of the whole metropolis had been 23·5 per 1,000. In the ten registration sub-districts within which the buildings are respectively situate, taken together, the death-rate was 26·4 per 1,000.

They had at present, 1,122 sets of apartments fit for occupation, of which only twelve were vacant, which was very satisfactory. In addition to being able to pay their usual dividend of 5 per cent. per annum, they had a balance of £1,240 17s. 6d., which was £300 more than last year. This the directors recommended should be carried as usual to the guarantee fund, which would then be increased to £10,332 3s. 11d. Mr. F. D. Mocatta seconded the adoption of the report, which was carried. On the motion of the chairman, Messrs. F. H. Janson and W. H. Gatliff were re-elected directors, and the auditor, Mr. P. C. Hardwick, was also re-elected. The chairman moved, and the Hon. Dudley F. Fortescue seconded, and it was carried, that the interest at the rate of 5 per cent. per annum be paid to the shareholders. The sum of fifteen guineas was voted to the auditors.

A special general meeting was then held, and a resolution moved by the chairman, and seconded by the Hon. D. F. Fortescue, was agreed to: 'That the committee of directors be authorised to raise £6,000 on mortgage of property belonging to the company.' Votes of thanks to the directors and chairman brought the business to a close.

The following accounts and tabular statements will be of interest to our readers:

No. 1.—SHARE ACCOUNT, MARCH, 1879.

Amount received	£140,350 0 0
Due thereon	11,150 0 0
Total value	£151,500 0 0

14th day of May, 1879.

Examined the annexed account, and find the same correct,

T. BAKER,
P. C. HARDWICK, } Auditors.

No. 2.—CAPITAL ACCOUNT, MARCH, 1879.

Dr.				Increase since last report.	
		£ s. d.	£ s. d.	£ s. d.	
To Amount received on Shares			140,350 0 0	4,075 0 0	
„ Marquis of Westminster			19,500 0 0		
„ Public Works Loan Commissioners	47,000 0 0				
„ Amount repaid	3,591 9 4				
„ Balance			43,408 10 8		
„ Sinking Fund to redeem Pancras Square (Leasehold)		1,750 8 2		84 19 4	
„ Do. Ingestre Bldgs. do.	619 18 1			34 11 3	
„ Do. Queen's Place do.	64 10 11			3 16 7	
„ Do. Gatliff Bldgs. do.	510 18 7			49 16 8	
„ Do. Farringdon Bldgs. do.	371 13 5			78 15 6	
„ Unclaimed Dividends			3,317 9 2		
„ Guarantee Fund and Interest invested in New 3 per Cents.			481 5 0		
„ Balance			9,091 6 6	1,813 17 6	
			8,181 19 2		
			224,330 10 6		

Cr.

				Increase since last report.	
		£ s. d.	£ s. d.	£ s. d.	
By Albert Family Dwellings	11,365 11 8				
„ Albert Cottages	6,371 4 1				
„ Albion Buildings	2,381 1 1				
„ Alexandra Cottages	33,246 10 4				
„ Carrington Mews Dwellings	7,844 6 5			1,066 4 10	
„ Enfield Buildings	6 15 0			6 15 0	
„ Farringdon Buildings	41,441 10 0				
„ Gatliff Buildings	19,500 0 0				
„ Hamilton Square	23,192 12 9			8 16 6	
„ Howard Buildings	24,845 2 0			2,302 1 9	
„ Ingestre Buildings	9,852 6 3				
„ Pancras Square	18,415 15 2				
„ Queen's Place	111 8 2				
„ Victoria Cottages	7,602 2 5				
„ Investment in £9,568 os. 9d. New Three per Cents.		206,176 5 4			
„ Deposit with London and Westminster Bank		9,101 7 9		1,823 18 9	
„ Ditto London Joint Stock Bank		4,500 0 0			
„ Cash at Messrs. Barclay and Co.		3,500 0 0			
„ Cash in hand		1,042 4 10			
		10 12 7			
		224,330 10 6			

14th day of May, 1879. Examined the annexed account, and find the same correct,
T. BAKER,
P. C. HARDWICK, } Auditors.

No. 3.—REVENUE ACCOUNT, MARCH, 1879.

Dr.				Increase since last report.	
		£ s. d.	£ s. d.	£ s. d.	
1878 To Dividend of £5 per cent. on £136,275		6,755 5 5			
„ Balance carried to Guarantee Fund		942 5 6			
			7,697 10 11		
1879 To Advertising		1 0 0			
„ Printing		40 8 2			
„ Rent of Offices, Coals, Gas, Cleaning, &c.		200 0 0			
„ Auditors		15 15 0			
„ Salaries		715 0 0			
„ Petty Cash		33 8 6			
„ Interest on Loans from Public Works Commissioners ...	1,750 14 5			1,605 11 8	
„ Ditto Marquis of Westminster	575 5 1				
„ Interest on Sinking Funds	91 19 7				
„ Balance			2,417 19 1		
			8,181 19 2		
			11,605 9 11		

Cr.

				Increase since last report.	
		£ s. d.	£ s. d.	£ s. d.	
1878 By Divisible Balance, March, 1878		7,697 10 11		7,697 10 11	
„ Balance of Rents—Albert Family Dwellings	595 5 0				
„ Ditto Albert Cottages	362 13 1				
„ Ditto Albion Buildings	136 4 1				
„ Ditto Alexandra Cottages	1,893 11 0				
„ Ditto Carrington Dwellings	330 12 11				
„ Ditto Farringdon Buildings	2,771 1 6				
„ Ditto Gatliff Buildings	1,042 19 5				
„ Ditto Hamilton Square	1,220 8 1				
„ Ditto Howard Buildings	801 0 0				
„ Ditto Ingestre Buildings	583 5 1				
„ Ditto Pancras Square	1,268 7 4				
„ Ditto Queen's Place	27 1 4				
„ Ditto Victoria Cottages	399 3 0				
„ Fees on Transfer of Shares			15 11 0		
„ Interest on Deposit with London and Westminster Bank			99 18 0		
„ Interest on Deposit with London Joint Stock Bank			58 9 1		
			11,605 9 11		

14th day of May, 1879. Examined the annexed account, and find the same correct,
T. BAKER,
P. C. HARDWICK, } Auditors.

No. 4.—TABULAR STATEMENT.
Showing the Rates, Taxes, Repairs and other Expenses of each Establishment, for the Year ending March, 1879.

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	TOTAL.
	Albert Street, 60 Families. Freehold.	Albert Cottages, 33 Families. Freehold.	Albion Buildings, 20 Families. Freehold.	Alexandra Cottages, 164 Families. Freehold.	Carrington Dwellings, 24 Families. Freehold.	Farrington Buildings, 253 Families, 10 Shops. Leasehold.	Gatiff Buildings, 149 Families. Leasehold.	Hamilton Square, 108 Families. Freehold.	Howard Buildings, 83 Families. Freehold.	Ingrete Buildings, 60 Families. Leasehold.	Pancras Square, 110 Families. Leasehold.	Queen's Place, 10 Families. Leasehold.	Victoria Cottages, 36 Families. Freehold.	
Rent ...	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.
Poor and Police Rate	54 19 3	35 2 0	22 12 10	158 10 7	24 4 6	686 17 6	39 6 8	100 10 5	76 18 5	294 7 6	91 19 2	49 1 5	37 1 0	1161 12 3
Lighting Rate	—	—	—	—	—	301 10 10	91 6 0	—	—	86 5 10	91 19 9	7 4 3	—	1088 0 8
House Duty	—	—	—	—	—	34 8 8	—	6 7 5	—	—	7 18 7	—	—	49 0 9
Land Tax	—	—	—	—	—	16 13 0	—	—	—	—	—	—	—	21 5 6
Property Tax	—	—	—	—	—	—	—	—	—	—	—	—	—	17 2 11
Sewers and Main Drainage	11 17 6	7 14 7	5 4 2	50 10 4	2 0 0	121 4 7	25 11 5	24 17 11	18 12 11	19 3 4	27 10 5	1 17 11	7 15 10	330 0 1
General Rate	4 4 6	2 14 0	0 17 5	125 3 1	8 1 8	34 8 8	64 6 7	2 16 7	6 12 9	3 3 10	6 10 0	1 15 5	2 17 0	130 8 0
Metropolitan Consolidated Rate	46 10 3	29 14 0	18 5 9	166 17 6	16 10 4	189 7 8	20 15 0	14 3 2	73 0 3	38 7 0	38 13 8	4 11 7	31 7 0	782 19 10
Ward Rate	8 9 1	5 8 0	0 17 5	—	5 10 1	—	—	—	13 5 6	15 19 8	15 17 2	1 0 4	5 14 0	124 7 0
Militia Rate	—	—	—	—	—	—	—	—	—	—	—	—	—	0 17 5
Tithes	—	—	—	—	—	—	—	—	—	—	—	—	—	2 7 8
Water	25 9 1	18 18 0	13 12 0	154 8 0	8 1 3	150 14 0	60 12 8	60 0 0	35 19 4	30 0 0	45 0 0	5 0 0	20 0 0	688 14 4
Gas	19 7 0	—	4 5 5	3 16 1	4 4 11	92 2 4	20 1 3	25 13 3	21 3 7	11 0 10	10 10 1	—	—	218 10 9
Repairs of Buildings	84 12 7	43 1 8	24 4 7	466 3 11	5 1 3	372 16 10	90 0 0	117 9 5	65 0 11	115 1 1	102 14 3	10 12 8	41 1 0	1598 0 2
Sinking Fund for Leaseholds	—	—	—	—	—	70 0 0	36 0 0	—	—	17 0 0	35 0 0	—	—	160 0 0
Superintendents' Wages, &c	34 7 6	14 19 3	12 2 10	97 6 5	19 14 5	103 17 3	84 6 0	83 0 3	50 6 0	88 12 3	84 5 3	5 18 11	17 12 0	696 8 4
Cleaning Materials, &c.	17 12 8	8 7 8	3 6 0	14 6 5	5 2 2	21 19 3	5 6 0	5 15 6	12 10 4	2 5 0	12 19 9	0 15 0	9 10 8	110 1 5
Insurance	—	—	—	13 6 6	1 10 0	4 2 10	7 10 0	—	3 0 0	—	—	—	—	30 4 4
Profit	307 9 5	166 11 8	105 17 2	1252 16 6	100 0 7	2199 18 5	545 1 7	504 7 11	377 10 0	738 11 4	657 0 11	90 10 8	172 18 6	7218 14 8
Rents received	595 5 0	362 13 1	136 4 1	1893 11 6	330 12 11	2771 1 6	1042 19 5	1220 8 1	861 0 0	553 5 1	1268 7 4	27 1 4	399 3 0	11431 11 10
Cost	902 14 5	529 4 9	242 1 3	3146 7 6	430 13 6	4970 19 11	1588 1 0	1724 16 0	1178 10 0	1321 16 5	1925 8 3	117 12 0	572 1 6	18650 6 6
	11365 11 8	6371 4 1	2381 1 1	33246 10 4	7844 6 5	41441 10 0	19500 0 0	23192 12 9	24845 2 0	9852 6 3	18415 15 2	111 8 2	5602 2 5	266169 10 4

HYGIENE.

ATHLETISM.—BOAT-RACING.—EXCESSIVE
PHYSICAL EXERTION.

By R. CLARK NEWTON, LIC. MED., C.M., M.R.C.S.E.

(Continued from page 263.)

We may now briefly refer to the effects of muscular exercise, effort, or exertion upon the respiratory system. It has already been stated that the number of respirations are increased during exertion from about eighteen to perhaps forty per minute. In rowing at a stroke of thirty-seven per minute, the respiration will be increased from eighteen to about forty. The increased rapidity of breathing is nature's effort to keep the blood purified as it passes through the lungs in largely increased quantities.

From the foregoing it will be seen than an inordinate strain is thrown upon the lungs and heart whenever great physical effort is made—a strain out of all proportion to what these systems are called upon to bear in everyday life, and we have shown that, so far as the muscular system is concerned, the effects of boat-rowing do not exceed its power. It seems, then, that the detrimental effects of violent exercise arise chiefly from the inability of the lungs to keep pace with the heart's increased pulsations; hence the 'loss of breath' and 'stitch in the side' already alluded to. And thus we have pointed out the great error of non-intelligent training, viz., the excessive cultivation of the muscular system and the neglect of respiratory or breathing work. A boat-race may be occasionally lost from want of skill, style, or muscular strength, but nine out of ten rowers are defeated through failure of respiratory power. The trainer has cultivated the muscles of his pupil and neglected to bestow sufficient attention upon his respiratory preparation. Hence, when he makes his effort with his hard and well-developed muscles, these hurry the blood to the heart, and that, again, takes on increased action and rushes an enormous quantity of blood through the lungs, which in their turn increase their respiratory efforts with the intention of passing on the blood. In a well-trained man this is accomplished satisfactorily, otherwise something must give way; generally the air-cells of the lungs become ruptured or expanded, and a life-long disease is produced, and the man becomes 'broken-winded;' if the lungs do not give way, perhaps dilation of the heart occurs.

We are now in a position to consider the diseases resulting from excessive physical effort, and first we have *Aortic Aneurism*—this is a dilation of the coats of the large artery which conveys the blood from the left side of the heart; the tube becomes a pouch, which, gradually expanding, at length gives way, perhaps resulting in instantaneous death. It may be caused by over-exertion in boating, running, etc. *Hypertrophy of the heart*: The heart is a forcing-pump, and has to keep the blood circulating. The work it normally performs is immense; it makes about 100,000 strokes every twenty-four hours, and forces along nearly 20,000 lbs. of blood during that time. Now, a man in training, or otherwise subjecting himself to great exertion, keeps his heart contracting with greater force and frequency than ordinary, and that organ, in endeavouring to perform its in-

creased work, becomes enlarged, or hypertrophical. The heart becomes, in fact, stronger; its muscular structure, like that of the limbs, being developed, and *for a time* the well-trained athlete presents, with his muscular build and strong heart, a picture of what a healthy man should be. But all this development has been attained by artificial means, and when training is discontinued the external muscles diminish in size and power, but a heart having once become enlarged remains so permanently. The patient feels his heart beat—beating perhaps all over the chest—and he hears it plainly on lying down. The disease may last some years, but generally proves fatal. *Fainting* is one of the consequences of over-exertion; it is frequently seen in boat-rowers and pedestrians, and arises from exhaustion of the heart. There is also another form of fainting, which seems not to depend so much upon failure of the heart's action as upon a sudden and transitory loss of muscular power—an acute form of paralysis, as it were, of the overstrained muscles. Its peculiarity is that the patient never loses consciousness. *Palpitation of the heart* is another result of over-exertion, and is of grave importance if persistent. On its occurrence in the athlete the prudent course is to resign all hope of future distinction. *Emphysema of the lungs* is produced by violent breathing efforts; the air-cells of the lungs become dilated, and we have shortness of breath, especially after exertion; the complexion in bad cases becomes dusky, and it may be accompanied by palpitation of the heart and cough, with slight expectoration; the affection is often mistaken for indigestion, and requires prompt cessation from violent exertion. Several other results of excessive physical exertion are observed, such as tremor, cramp, rupture, enlargement of the veins (varicose), boils, etc., but they do not need to be further referred to.

The diseases enumerated are formidable enough, but none of them necessarily occur under training or muscular exertion, if ordinary care and discretion are observed. Trainers are too apt to forget that all men have not the same constitution, and they often expect all under their care to attain a certain standard already reached by their former pupils, or known by tradition; whilst the public expect from a new aspirant to muscular fame a performance above the average. Unquestionably, exercise and training can wonderfully develop the system and its powers, so that exertion that was once irksome becomes a pleasure, or is accomplished with ease; for example, reference may be made to the foot of the dancer, the arm of the smith, and the fingers of the pianist. But all must have noticed how different individuals vary in capability of sustaining energetic action; some bear the strain for a long period, but sooner or later the powers fail, or some disease results as a direct or indirect consequence. And it seems clearly demonstrated that in proportion as a people or class are subject to labour or physical expenditure, so is length of life depreciated. The members of the three learned professions, law, physic, and divinity, stand at the head of the list so far as longevity and amount of sickness are concerned, and of all occupations it is observed that the shortest lived are they who toil most. Nor does history afford a single instance of a nation preserving, beyond a certain time, a superiority depending upon the corporeal strength of its people.

We are aware that Dr. Morgan has endeavoured to show that boat-racing is not prejudicial to longevity. He has hunted up,

with wonderful diligence, the health history of 294 'University oars' engaged in the Oxford and Cambridge boat-races, and he thinks his researches tend to the belief that boat-rowing and racing have not at least proved prejudicial to the individuals referred to. It seems to us that his statistics are anything but conclusive, and his figures may be read in more ways than one, and it must be remembered that, so far as physical constitution is concerned, the 'University oars' are carefully selected, and that in after life they have moved in intellectual rather than physical circles. Dr. Morgan's list numbers bishops, clergymen, barristers, and eminent members of the scientific and literary worlds. Such occupations tend to prolong life, and it is manifestly erroneous to compare the longevity of such a carefully-chosen and select class with the general run of the athletic world.

In conclusion, we have to protest against the practice of endeavouring by determination (sometimes called 'pluck') to make up for want of physical endurance or staying-power. Such has failed in intellectual or mental spheres, and the long list of killed and wounded, whose fate we find in the records of athleticism, attest the failure of many a well-built frame, of many a victim who has died with success nearly grasped, or who has paid the penalty of life or disablement immediately after the attainment of victory.—*Newcastle Chronicle*.



DIETETICS.

WHOLE-MEAL UNFERMENTED BREAD,

Manufactured under the immediate supervision of MR. H. W. HART, the inventor and introducer, and

SUPPLIED ON CO-OPERATIVE PRINCIPLES TO SHAREHOLDERS.

OUR pages have continually borne testimony to the importance with which we regard the supply of pure bread and bread-stuffs. We have brought under the notice of our readers facts and arguments in favour of whole-meal bread as presented by Sir Henry Thompson and other scientific men, qualified to write upon the question, who have contributed valuable information to our columns.

There can be no doubt that much of the 'composition' sold as bread but ill deserves the name. It is deficient in some of the most essential elements requisite in the 'staff of life,' and its sale to the masses is, in fact, a piece of cruelty deserving severe reprehension, if not punishment.

The poor, who have little to spend, literally throw away their hard earnings in buying that which should be, as its name implies, a staff and support, but which in reality is a sham and a delusion. If the wheat in its entirety, as it comes from a bountiful provider, were made into bread, even though the process were of the rudest description, the people eating it would at least be fed. The ideas promulgated by the bread-reformers are at last receiving the attention of the public; and thousands of people would gladly abandon the use of bakers' 'households' if they could get a really good article in the shape of 'brown-bread' to substitute for it. Many have tried the brown-bread ordered of their own baker, only to find

that none of the benefits predicted to follow from its use resulted therefrom. The trial was a short one, and the brown-bread speedily abandoned for that to which they had grown accustomed. But why should this be? Simply because the brown-bread of the baker is made precisely as the ordinary bread is made—the quantum of ‘stuff’ or ‘rock,’ as it is called in the trade, (alum) is used; but more or less bran is added to the flour. The result, as may be imagined, is not a success. Many of the finer properties of the wheat, other than those contained in the mere flour, are dissipated by the miller, who has to dress his flour to suit a vitiated market, and these cannot be restored by simply throwing a few handfuls of bran into the baker’s trough.

But little real progress in bread reform was made until Mr. Herbert W. Hart, a gentleman who has made dietetics his life-study for some twenty years, hit upon a plan of so treating the wheat that all its properties were preserved intact in the bread manufactured under his direction. In the first place he revolutionised the method of grinding the wheat. Instead of reducing the grain to an impalpable powder, Mr. Hart had it crushed rather than ground. It was broken up sufficiently to absorb the water when in the baker’s trough, and to cook in the oven; and after many experiments, he succeeded in producing a loaf palatable, and even delicious to those persons of natural palate beyond any bread, and at the same time an article which, in reality, *is* the ‘staff of life.’ Although what is known as Hart’s bread has been made by various firms with more or less success, it is obvious that Mr. Hart should not be held responsible for the quality of bread not made under his personal supervision.

But the public are about to have the opportunity offered them of obtaining bread so made. The Founders’ Co-operative Association, an association which a short time ago successfully established ‘The Mutual Dress Supply Association, Limited,’ has recently instituted a company for the purpose of supplying whole-meal bread and unadulterated flour food, called ‘The South London Bread and Flour Co-operative Company, Limited;’ and they have, with commendable discrimination, placed the management of the concern in the hands of Mr. Hart, who will thus have free scope for his enterprise.

All our readers who are impressed with the importance of bringing whole-meal bread within reach of the million—and it is the million requires it—should support this attempt by becoming shareholders. They would thus assist in a laudable endeavour, and their influence would be of value in keeping the company to its original programme. It is well for advanced dietetic reformers to exert a controlling influence in such a concern. Besides benefiting the masses, they would themselves reap the full advantage of being supplied with a genuine article.*

By the prospectus of the company we see that a superior white bread, described as ‘Old Farmhouse Bread,’ entirely free from potato-starch, and containing the vitalising phosphates of the wheat, will also be made for the use of those who are still unacquainted with the value of whole-meal bread.

The prospectus of the Founders’ Association presents many novel features, and large dividends are promised. The docu-

ment should be well studied, together with the articles of association, by persons taking shares. The prospectus states, with regard to the bread company, ‘It is estimated upon the basis of the calculation of tradesmen, each supplying an average of only 100 families, that, three months after the bakery is opened, not less than 1,000 customers or district shareholders will have been secured; and assuming the average family consumption of bread and flour, with the usual small goods, at 8s. per week each, or say £20 per annum, the turn-over will be £20,000. So that at this rate, allowing one-third, or £10,000, as the property of the association, it will take but one year to absorb the whole of the capital, £30,000, when the 1,000 shareholders will have an average of £20 each invested in the undertaking, built up out of a pure and simple daily expenditure, which otherwise would have been entirely lost to them, and it will be to their interest to support such business in the future; meanwhile they will have effected purchases at co-operative prices, and, after all deductions, including the erection of any necessary additional ovens, etc., by the concentration of so large a trade, will reap large dividends. Thus the first bread company may be taken, with the trade of £20,000 a year from 1,000 customers:

One per cent. of the gross returns upon £20,000 is	£200
One-third of the net profits, calculating the whole	
at only 7½ per cent. (but which are likely to be	
considerably more) or £1,500, equal	£500
Total	£700

or 3½ per cent. per annum upon £20,000, the capital of the association; add only four other companies introduced to the same 1,000 bread customers, for the supply of meat, dairy, grocery, and laundry, and the result is 17½ per cent.; repeat similarly in another district, and the interest is 35 per cent. per annum, with nothing to prevent the association from continually repeating, by employing its capital in the opening up of new districts in London and throughout England, so that eventually the dividends will be many hundreds per cent. per annum upon the original capital subscribed.’

Admitting the correctness of the figures upon which the foregoing calculations are based, there is no reason, with honest and economical management, why the Founders’ Association should not be a profitable investment. Bread is in universal demand, and any improvement upon the existing article supplied is sure to be appreciated and patronised. With a large sale must come large profit. If the basis is right, the shareholders will only have themselves to thank should the management be defective, for the remedy is in their own hands.

FARMING AND LAND AND REFORMS.

If all the powerful arguments advanced in favour of a reformed diet fail to influence the mass of a prejudiced population whose appetites have been perverted, and whose culinary knowledge has been neglected through centuries of bad teaching and bad example, in much the same way and from the same quarter as encourages the consumption of ‘encore whisky’ and ‘nourishing stout,’ certainly events seem moving at an increasing velocity to force the land question on the languid attention of proprietors and people alike, and which no still-born cry of reciprocity and protection will avail to arrest. Just now, the people of these islands consider meat to be indispensable to health and longevity, notwithstanding the many diseases and ailments

* We understand that shareholders will be supplied with the whole-meal bread at 3d. per quarter less than the price now charged by Mr. Hart’s late agents.

rampant in our midst; so we are importing meat from America so fast that men were not recently to be found at the port of debarkation sufficient for the work of slaughter, and thus prices in Manchester for choice cuts of American beef are from fivepence to sevenpence per pound retail. *How can English farmers, who have to pay a fancy rent for their land, advanced wages to their labourers, but who have no compensation for inexperienced improvements, compete with this?* Then, again, look at wheat: America is only beginning; she will end by being our food purveyor. By a paragraph in the *Echo* of May 29th we learn that the foreign trade of Philadelphia during the month of March last was the heaviest experienced in her history. The increase in the export of wheat alone was 400 per cent. We read of liberal deductions made in the rental of farmers, but this will be of little avail. We also read of a great many farms to let. Twenty per cent. off will not suffice. Reciprocity will not help. The people will never consent to have their food taxed again, to put money into the hands of a few landlords. With free trade, land must find its level, or the great landlords had better convert all their land into deer-forests and pheasant preserves.

It has often been urged that small farms would not pay, and that high farming with large capital was alone productive in this country, though why so more than in France is not stated. But how do we stand now, with the influx of American wheat and successive bad harvests? Truly, there are other cereals, and more remunerative crops of all kinds to be obtained from bountiful earth, if only by a change in our dietetic habits a greater demand should prompt the cultivation of the same. The arguments for Food Reform are incontrovertible, on the ground of economy, individually, and as regards the land; for the land that will keep one man on a flesh diet will keep ten on one composed of pulse, fruit, and vegetables; on the ground of health, too, for a flesh diet stands at a disadvantage in that respect. What sort of flesh must that be which is cut off the bodies of American cattle, who have been tossed about at sea and slaughtered in a fevered, suffering condition, after the close confinement of a voyage? As for the American bacon, has not the word gone forth even from St. Stephen's urging the people to be careful on account of its trichinous nature? Under the best circumstances swine are too liable to fevers, measles and scrofula to be safely eaten.

Let us consider what sort of a change we should have if the land here was adapted to the people and not the people for the land. We should not build any more smoky towns—not for the present—with a public-house at every corner to receive the wages of grimy workmen. We should not travel for miles over the country without seeing a cottage, and only pasture land. We should see plenty of snug homesteads, each with its five to ten acres cultivated like a garden, growing their own produce, and with plenty to spare. Why should not each small cultivator do what is done in France, and take to egg farming instead of sending heaps of money over yonder for eggs as well as for butter? We should see our cottagers, if wise, gathering in a bee harvest and reaping the easy earned profit, instead of our sending for ship-loads of honey from Maryland and California. Apple and other fruit trees would be grown all over the land—and with a reform in our dietetic habits such trees would be planted in every waste space—alongside railway embankments, along the hedge-rows, and for use in parks as

well as ornament. Alas! we now see American dried apples in the windows of grocers' shops, and it pays them to bring them over here and sell with a profit. Where is this sort of thing to stop? England imports everything. Other countries, more densely peopled, as Belgium and China, not only feed their own population, but export produce to us. In China eggs are sold for a shilling a hundred. Oysters, too, are produced in immense quantities. Japan is densely populated, but we do not hear of any importation of food.

Let us get rid of our conservatism—the notion that because our ancestors have done certain things, and have followed certain courses, therefore we are bound to follow in the same rut, without inquiry or question, although ruin stares us in the face.

Reform in land and reform in eating and drinking is what the people want, reform from without and from within, so with the disuse of one or two hurtful luxuries (so-called) we should have a merrie England, a prosperous and contented England.

C. DELOLME.

THE SIXTEENTH AND NINETEENTH CENTURIES.—A CONTRAST.

AT Kingston-on-Thames, among the chamberlain's and churchwarden's accounts, there are some curious disbursements, as the following items show:

1570.—Paid to the ryngers, at the command of the master bayliffs, when word was brought that the Earl of Northumberland was taken, twenty-pence.

1581.—For rynging when the traytors were taken, ninepence. For rynging when Don Pedro came through the town, two-and-sixpence.

1610.—To the ringers for ringing on the day of the king's preservation from the Gowries' conspiracy, two-and-fourpence.

1624.—To the ringers, for joy of the Prince's return out of Spain, three-and-fourpence.

1665.—To the ringers when Prince Rupert lay in the town.

Among the earlier entries are the following relating to church matters:

Paid to Maister Doctor, for the wax of the paschall, three shillings and fourpence-halfpenny.

For ale upon Palm Sunday, for syngyne of the Passion, one-penny.

To the peynter, for peynting of Our Lady, twelvepence.

For paynting the base of Our Lady in the rode lofte, twelvepence.

To Palmer, for wire-work to set up Mary and John, one-and-tenpence.

For two holy water sticks, twopence.

For a holy breade basket, threepence.

Paid for a year's whipping of the dogges out of the church, eight-pence.

The following items give an idea of the relative value of money three centuries ago, as compared with the present time:

Eight hens and four capons for Mr. Attorney, thirteen shillings and fourpence.

Two women, for their labour for two days, sixpence.

A salmon for the judges, two pounds seventeen shillings.

A labourer for a day's work, sevenpence.

A trout, given to the Lord Admiral, eight shillings.

Three bushels of coals, threepence.

A couple of pheasants for the Earl of Holderness, fourteen shillings.

Three sheep, five shillings.

The cooks, for their labour, one shilling and elevenpence-halfpenny.

Interest for two hundred pounds, for six months, six pounds.

It may be noticed that there was a greater disproportion between the remuneration paid to men and women for labour, than exists at present. A labourer then received sevenpence and a woman only three-halfpence for a day's work. Coals were then about 3s. 4d. per ton; and a sheep could be bought for 1s. 8d.: coals are now dearer by about seven times, while a sheep is now worth at least thirty times more than it was three centuries ago. These could not have been altogether bad times for the labourer, when his wages enabled him to buy a sheep every third day! The cost of the salmon for the judges' dinner was equal to the aggregate earnings of a woman for 456 days! The rate of interest for money has not greatly increased.

THE HEKTOGRAPH.

THE 'graphies' have become a large family. It is true that each member of the circle is not equally successful; but we have, nevertheless, much to thank them for. The head of the family, if not the founder of the house, the telegraph, has been of immense service to the age. By it the transmission of information from town to town, and from country to country, has been revolutionised. A hundred and fifty years ago the post office was regarded as being a wonderful institution; and yet the facilities of intercommunication afforded by it were meagre in the extreme. According to a notice then issued: 'Post letters may be sent from London on Tuesdays, Thursdays, and Saturdays, to all parts of England, Wales, Scotland, and Ireland. Letters are returned from all parts of England and Scotland certainly every Monday, Wednesday, and Friday; from Wales every Monday and Friday; and from Oxford, Portsmouth, Kent, and the Downs every day. But from other parts more uncertainly, in regard to the sea.' This notice has only to be compared with the 'Postal Guide' of to-day, to show what gigantic strides have since been made by the Department.

Certain parts of the country could then only be communicated with once a week; but now, thanks to the telegraph, a whisper uttered in London is heard almost simultaneously, not merely in Wales, but in America, India, and even in more remote regions.

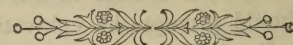
What the telegraph has effected for the rapid intercommunication of information, the hektograph has achieved in the way of multiplying copies of written memoranda, documents, drawings, plans, maps, designs, music, etc., etc. Having tried other 'graphies' which professed to do all this, with a more or less disappointing result, we were, until convinced by experience, sceptical as to the pretensions of the hektograph. By other processes we had succeeded in getting indistinct or smudgy copies of original drafts; but the apparatus used was generally too complicated, so that after a few trials the inconvenience arising from its use, or the danger of the chemicals employed in the process, more than counterbalanced the advantages gained, and the 'graph,' consequently, fell into disuse.

The hektograph is very simple in construction, and the process is one that the merest novice can manage. The apparatus consists of a metal box, containing an elastic compact composition. The multiplying process is extremely simple; the writing to be copied may be done on any ordinary kind of paper, with any kind of pen, using the ink specially prepared for the hektograph, and it will dry on the paper as quickly as if it had been written with ordinary ink. For multiplying, neither copying-press nor prepared paper is needed; the manuscript to be copied must be laid, face downward, upon the composition in the metal box; the hand should then be passed over it, when the writing will be at once taken up by the composition; after the lapse of one minute, remove the manuscript, replacing it by the paper on which the writing or drawing is to be transferred, then pass the hand gently over it, and the copy is finished. In this manner fifty to eighty clean and perfect copies may be struck off within a few minutes, according to the skill of the operator.

It will be found that practice will enable the operator to get

a still larger number of copies from one written document. In cases where more copies are required, the original must be re-written—the skilled operator may fairly calculate upon getting at least sixty good impressions from each writing.

The copies are made with the greatest rapidity; and it would be difficult even to enumerate the various purposes to which the hektograph may be applied, or the classes to whom it will be not merely serviceable, but invaluable. To the merchant, banker, lawyer, engineer, author, reporter, and to all persons engaged in trade and commerce it must prove a long-needed desideratum. The officials of voluntary and philanthropic societies, the clergy who have clusters of little benevolent societies around and connected with their churches, ladies who devote themselves to doing good to their less fortunate neighbours, all who need circulars, notices of meetings, reports of their institutions, and other documents—often the expense of printing stands in the way of effective work, and more often still, time is the chief consideration. To all these the hektograph brings within reach an easy, expeditious, and successful method of multiplying copies of notices, circulars, reports, etc., which has but to become known to come into almost universal use. We have only to add that the apparatus is not costly, and that the invention has been patented in this country by the proprietor, Josef Lewitus of Vienna, who has an agency at 135, Cheapside; but intending purchasers should see that they get the *real article*, as such an invaluable discovery is sure to be pirated by unscrupulous dealers.



CURRENT OPINIONS AND EVENTS.

AMONG the charities, perhaps none are more abused than hospitals, as at present administered. In speaking at a large meeting called to consider the establishment of hospitals and dispensaries on the self-supporting principle, on Saturday last, the Right Hon. J. Stansfeld said—

'Regarding his experience and knowledge as a former president of what was the Poor Law, but was now the Local Government Board, he felt it his duty to say—although it might sound strong—that he was deeply conscious of the dangers of that charity—which was rightly supposed to be the glory of this country when rightly administered—when there was any laxity in its administration. He believed the time might yet come in the advancing tide of complex civilisation, and the necessary advancing legislation, when Parliament might say that the only charity—the only system of gratuitous assistance largely applied, whether over the metropolis or the country itself, which the law ought to permit to exist and to operate, must be a charity administered wisely and so as not to create pernicious habits of dependence and pauperisation, but so administered as to enable people to help themselves, and to cultivate in their minds, and in their lives, and amongst their families, a spirit of self-reliance and independence. They might have a great hospital in the midst of a large and comparatively poor population most requiring the services of such an institution breaking down. Such a calamity might happen to the London Hospital itself. It was found that the strain and the stress upon a limited number of the wealthy, charitable, and generous, was becoming almost too much, and that an uneasy feeling was introduced to their minds that perhaps the application of their money was not the best use to which it could be put; and that was a fact which was awakening people's minds to consider the question of the organisation of the system

of hospitals in the metropolis. It was a kind of indiscriminate charity, both in respect of its indoor and outdoor relief. In hospitals one continually found cases which might as well, and perhaps better, be attended to at the homes of the persons; and amongst the out-patients one found hundreds of thousands of utterly unimportant cases, which ought to be dealt with in some easy and different way to that in which they were now attended to. The out-patients' rooms of hospitals were crowded on receiving days, the doctors were worried out, and could not give the time necessary to do good to the applicants, and people retired, after wasting a day, with about sixpennyworth of medicine, which, perhaps, they might be better without.'

The six days' pedestrian contest, which had been in progress at the Agricultural Hall, Islington, during the past week, was concluded on Saturday evening last, but as the result had, by the breakdown of Brown, been a foregone conclusion in Weston's favour, not more than 1,000 spectators were present. In previous competitions of a similar character, the number of spectators has on the closing day varied from 10,000 to 20,000. Weston not only succeeded in gaining the first prize, but in exceeding what had previously been the greatest distance covered in six days—542 miles—by eight miles. The American walked and ran wonderfully well during the whole of the week, and at the close of the contest, at six minutes to eleven, appeared almost as fresh, and certainly quite as lively, as when he started, and his feet were perfectly free from all traces of blisters. Brown completed 453 miles at 33 minutes past nine in the evening, and thus became entitled to receive one-third of the profits of the gate receipts; whilst Weston takes the remainder, the whole of the stakes (£500) and the belt, and has, moreover, the right of deciding that the next competition for the latter trophy shall take place in America.

Regarding the proposal of the National Health Society to institute a series of lectures upon 'sanitary appliances' for the special instruction of builders' foremen, plumbers, etc., Mr. S. Pope, a builder's foreman, in writing to the *Daily Chronicle*, says:

'In my humble opinion, if we endeavoured to arouse the local authorities to a proper sense of what they pay the sanitary inspector for—we should arrive at the root of the evil, viz., bad, defective drains. In scores of districts sanitary inspectors are no more fit for the positions they hold than children. If E. Hart and F. Lancaster called them together, and thoroughly taught them the great laws of the National Health Society, they would be doing a permanent good, but as for teaching imperfect mechanics the "Laws of," etc., etc., the idea is absurd, for good or bad they must do as their employers order them.'

COMPLETION OF OUR FIRST VOLUME.

FOR convenience in publishing, we close our first volume with the present number. It will thus only contain twenty-three instead of twenty-six numbers. The step is desirable, however, as it will enable subsequent volumes to be completed at Midsummer and Christmas in each year.

Cases for binding Vol. I. are now ready, with title-page and index, price 1s. 6d. Vol. I. is now ready, price 4s.

OUR SECOND VOLUME.

IMPORTANT improvements will be introduced into our second volume. But we prefer not to make promises. We shall

endeavour to make *House and Home* worthy of the support of our friends. Our next issue, the first of the new volume, will contain a portrait and biographical sketch of

THE LATE PROFESSOR E. A. PARKES,

the eminent sanitarian, to whose memory the Parkes Museum of Hygiene has been founded. And we shall also give a report of the proceedings connected with the public opening of the Museum by the Home Secretary, which will take place to-day.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson*.

(The Editor is not responsible for the views of Correspondents.)

THE OPPOSITION TO PUBLIC-HOUSE LICENSING NEAR THE QUEEN'S PARK ESTATE.

TO THE EDITOR OF 'HOUSE AND HOME.'

DEAR SIR—

With your kind permission, I will subjoin a statement of moneys received and expended in the above good cause.

We shall want next year all the support we can get.

Sooner or later (but probably the former), we shall have to carry our opposition up to the 'Confirming Committee.' This may cost us £20 or £30. Hence any sums that can be gradually accumulated will be needed before very long. I hope the balance in hand will prove a nest egg, attracting more.

Will you allow me to thank you on behalf of my parishioners for your kind help in the matter?

Yours faithfully,

SYDNEY BOTT,
Incumbent, St. Jude's, Queen's Park.

STATEMENT OF ACCOUNTS.

DR.			£	s.	d.
To Subscriptions per <i>House and Home</i> :					
S. Morley, Esq., M.P.	£2	2	0
Rev. H. V. Le Bas	0	10	0
R. L. Farrant, Esq.	0	10	0
Geo. Moore, Esq.	0	10	0
Miss M. Moore	0	10	0
T. Wilson, Esq.	0	5	0
Miss Archer	0	3	0
From St. Mark's Temperance Society:					
Per F. Debenham, Esq.	2	0	0
Rev. S. Bott	1	0	0
Mr. W. Snell	0	2	6
			£7	12	6
CR.			£	s.	d.
By Printing, Bill-posting, and Engrossing					
„ Solicitor's Fee and Expenses	1	9	6
„ Sundries	3	16	0
„ In hand	0	12	0
			1	15	0
			£7	12	6

[Mr. Bott is quite right as to the need of being prepared for future action. An estate of some two thousand houses, such as the Queen's Park Estate will be when completed, is not likely to be left alone by the speculating builders of public-houses. And, unless great vigilance is exercised, the residents will find a 'drink shop' set up somewhere on the fringe of the estate. We trust those of our readers who are interested in the question will remember this, and render Mr. Bott and his friends all the aid they can. For ourselves, whatever assistance we have given has been cheerfully rendered.—ED.]

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

Whoever is open, loyal, and true, whoever is of humane and affable demeanour, whoever is honourable in himself and in his judgment of others, and requires no law but his word to make him fulfil an engagement—such a man is a *gentleman*; and such a man may be found amongst the tillers of the ground.—*De Vere*.

Many true hearts have mouldered down to enrich
The roots of England's greatness underground,
Until, below, as wide and strong they stretch
As overhead the branches reach around.

And so our England's glory ever grows,
And so her stature rises ever higher,
Until the faces of our farthest foes
Darken with envy, overshadowed by her.

So climb the heavens, Old Tree, until the gold
Stars glisten as thy fruitage; heave thy breast
And broaden till the fiercest storms shall fold
Their wings within thy shelter and find rest.

Gerald Massey.

A patriot is he whose public conduct is regulated by one single motive, viz., *the love of his country*; who, as an agent in Parliament, has for himself neither hope nor fear, neither kindness nor resentment, but refers everything to the common interest.—*Johnson*.

Ask men if their sadness maketh things better, and themselves will confess to thee that it is folly; nay, they will praise him who beareth his ills with patience, who maketh head against misfortune with courage. Applause should be followed by imitation.—*Ancient Indian MSS.*

Some persons are so delicate that they cannot bear so much as a scandalous report, which is the same thing as if a man was to quarrel for being jostled in a crowd, or splashed as he walks the streets.—*Seneca*.

Comply with the tyranny of opinion in opposition to the dictates of nature, and you fabricate a scourge for your own punishment.

Zimmerman.

Money is oftentimes the only patent of nobility, beside lofty pretensions.

Zimmerman.

Wicked men obey for fear, but the good for love.—*Aristotle*.

Poets should

Exert a double vision: should have eyes
To see near things as comprehensively
As if afar they take their point of sight,
And distant things as intimately dress
As if they touched them.

Mrs. Browning.

Such is the power of health, that, without its co-operation, every other comfort is torpid and lifeless, as the power of vegetation without the sun.

Johnson.

Economy is of itself a great revenue.—*Cicero*.

Opinion is more often the cause of discontent than nature.—*Epicurus*.

But this is got by casting pearls to hogs,
That bawl for freedom in their senseless mood,
And still revolt, when truth would set them free.
License they mean when they cry liberty;
For who loves that must first be wise and good.
But from that mark how far they live we see,
For all this waste of wealth and loss of blood.

Milton.

Use law and physic only for necessity: they that use them otherwise abuse themselves into weak bodies and light purses. They are good remedies, bad businesses, and worse recreations.—*Quarles*.

THE HOUSEWIFE'S CORNER.

SCOTCH BANNOCKS.

Into a quart of sweet Scotch oatmeal rub a piece of butter about the size of an egg. Then add water enough to form into a stiff paste, knead well, and roll as thin as possible. Bake in a slow oven till light brown.

SHEPHERD'S PIE.

Required: $\frac{1}{2}$ lb. cold meat; 1 lb. cold potatoes; 2 small onions; 1 sprig flavouring herb; 1 teaspoonful flour; 1 oz. dripping; 1 tablespoonful milk; 1 teacupful cold water or pot liquor; $\frac{1}{4}$ teaspoonful pepper; $\frac{1}{4}$ teaspoonful salt. Cut the meat into thin slanting slices, with the grain not against it. Skin, scald, and slice the onions, and brown them slightly with half of the dripping in a pan; pour away the dripping; break the flour with a little cold water; add it with the rest of the water, the sprig of herb, salt, and pepper, to the onions. Simmer till the onion is tender, about one quarter of an hour, stirring to prevent the flour sticking to the pan. Remove the sprig; let the sauce cool; pour it into a pie dish; place the pieces of meat in it. Mash the potatoes; add the milk and the other half of the dripping to them. Lay the potatoes smoothly on the top of the meat; score them across with a knife. Put the pie into an oven to brown; when browned, it is ready. If there is an oven, place the pie on the hob or hot plate for a few minutes to warm through, but do not allow it to boil; then brown it in front of the fire. The top of the pie may be glazed by brushing it over with a little milk before cooking.—*School Cookery Book*.

LENTIL SOUP.

Soak three-quarters of a pint of Egyptian lentils for twenty-four hours before using; place them in a saucepan with a gallon of water; keep gently boiling for eight or ten hours, till the lentils have become pulpy; add a little water as the liquor evaporates to keep the quantity up to the gallon measure; an hour or two before serving, add half a stick of celery, and some salt to taste.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

All Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments contained in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

ADVERTISEMENTS.

	£	s.	d.
Front page	4	0	0
do. do., per column	1	0	0
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. 6d. per inch.

Ten per cent. reduction on six insertions, and twenty per cent. on twelve, prepaid. Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

SPECIAL PREPAID ADVERTISEMENTS.

Twenty words for 6d.; three insertions for 1s., and 2d. per insertion for each additional eight words.

At these rates the following classes of advertisements only are received:—

Situations Vacant or Required.

Articles for Sale.

Houses and Apartments wanted, to be let, or to be sold.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps only can be received.